

Diabetes

Recent medical commercials have brought diabetes a household topic and brought to light the equipment associated with diabetes like glucometers, testing strips and even medications like insulin. But how much do you know about diabetes?

There are two types of diabetes, type 1 and type 2. Type one is typically early onset, and usually requires medication to help control the levels of blood sugar. Type 2, or adult onset diabetes, is the most common form of diabetes. This type of illness does not use the insulin that your body makes properly. Not everyone with type 2 requires medication.

Regardless of what type of diabetes you have you can help prevent episodes by following a few simple rules.

Exercise – people with both types of diabetes can benefit from exercise. Exercising helps muscles use glucose without insulin and can reduce the glucose in your blood. Exercising used in combination with a balanced diet can also reduce weight.

Diet – Eating a diet in complex carbs like brown rice and whole wheat, as well as lean meats and plenty of fruits and vegetables can help reduce the high's and low's associated with testing blood glucose levels. Be sure that you monitor portion sizes for foods that contain higher carb's as these have a direct impact on glucose levels.

Monitor – If you have diabetes, monitoring your blood sugars regularly as your doctor has prescribed is probably the most important step you can take. Use medications as the doctors prescribe.

Diabetes is a serious illness with complications that could involve major life changes. Regulation is the key to living with minimal impact from diabetes. If you think you could have diabetes or would like to be tested or have questions about , speak with your physician.