

Diabetes and Your Health

Tips to stay healthy

There are a number of things you can do to help control your diabetes:

- See your doctor regularly;
- Talk to your doctor about a diabetes meal plan;
- Take medications as directed by your doctor;
- Test your blood sugar as directed and write the number in your log book after each test; and
- Avoid tobacco products and alcoholic beverages.



For more information, contact:

SoonerCare Health Management Program
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877-252-6002 (Toll-free)

[Type text]

What is diabetes?

Diabetes means you have too much sugar in your blood. It also means the body does not make enough insulin or cannot use insulin properly.

Insulin is needed to change the food we eat into energy the body can use.



The major types of diabetes

- **Type 1 diabetes**

Type 1 diabetes happens when the body does not make any insulin. Insulin allows glucose (blood sugar) to fuel the body. People with Type 1 diabetes use insulin injections and proper diet to control their blood sugar.

- **Type 2 diabetes**

Type 2 diabetes happens when the body does not use insulin properly or does not make enough insulin. A healthy diet and being active everyday will help people control Type 2 diabetes. Some people may also need medication or insulin to help control their blood sugar.

- **Gestational diabetes**

Some women who are pregnant may develop diabetes during pregnancy. It usually goes away after the baby is born. With treatment, most women can control their blood sugar and give birth to healthy babies.

If diabetes is not controlled during pregnancy, it can cause babies to grow too large or to be born with low blood sugar.