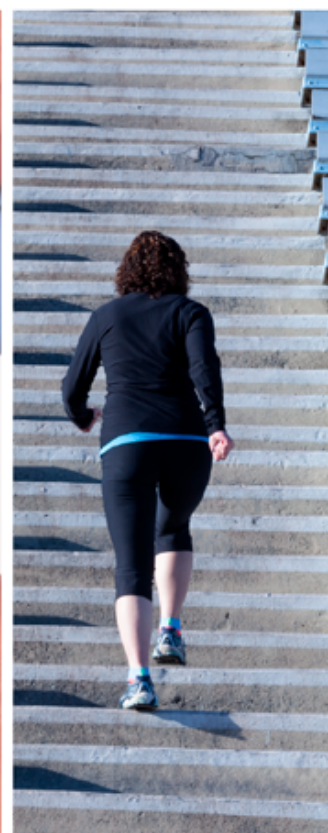


A Dietitian's Journey to
Diabetes Prevention and Treatment

101 *Ways* To Control Your **DIABETES**



By the Doctor's Dietitian
SUSAN B. DOPART, MS, RD, CDE

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A NOTE TO READERS

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You are encouraged to confirm any information obtained in or through this book with other sources, and to review all information regarding any medical condition or treatment with your physical or healthcare professional.

Never disregard professional medical advice, forego or delay seeking medical treatment because of something you have read in this book.

To all those who have the daily challenge
of blood glucose control and are committed
to better health and well-being

101 Ways to Control Your Diabetes

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Susan B. Dopart, MS, RD, CDE

Introduction

Over the past several months you have not felt like your usual self. You've been sluggish most of the time, have no get-up-and-go and a sense that something is not quite right. You hoped it would pass, since you've been under a fair amount of stress and sleep has been challenging.

You finally succumb to going to the doctor, thinking you'll be told to lower your stress. The doctor decides to do some blood work, and when the phone rings a few days later, you hear those three dreaded words: "You have diabetes."

What does that mean? How did this happen? I'm too young to have this!

Research suggests that 1 out of 3 adults has pre-diabetes; of this group, 9 out of 10 people don't know that they have pre-diabetes.

A diabetes diagnosis can sneak up on you like an accident, or can slowly develop over many years. It can depend on the type of diabetes and your genetics.

Controlling blood glucose values for diabetes of any kind, type 1 (**T1**), type 2 (**T2**), gestational (**GDM**), latent autoimmune diabetes in adults (**LADA**), or a maturity onset diabetes of the young (**MODY**), can be more than challenging given all the factors of good blood glucose control.

T1 diabetes, formerly known as juvenile onset, occurs when the pancreas stops all insulin production and requires daily insulin administration. Whether genetics, a virus, or a combination of factors – what causes T1 diabetes is not definitively known. It was once thought that only children get diagnosed with T1 diabetes, but individuals at any age can develop T1. Often older patients with T1 are frequently misdiagnosed with T2 diabetes.

T2 diabetes, formerly known as adult-onset diabetes, is normally characterized by insulin resistance in which the tissues of the body have less insulin sensitivity. It can be genetic and/or brought on by lifestyle. It is now called T2 diabetes since children as young as three years old have been diagnosed, which speaks to the reality of our sedentary lifestyle and highly processed carbohydrate diet. In addition, when a baby is exposed to high glucose levels in utero, its young pancreas has to overwork before birth, which highly increases the likelihood of developing insulin resistance, weight issues and T2 diabetes early in life.

Sometimes a diagnosis of diabetes can be neither T1 nor T2 and can be challenging to diagnose. Other types of diabetes known as LADA or MODY are discussed in the glossary.

Gestational diabetes (GDM) occurs during pregnancy at around 24-28 weeks gestation when the hormones made by the placenta begin to partially block the action of insulin. Women with GDM can be managed with lifestyle changes, oral medications or insulin.

Metabolism starts with conception, showing the influence of our diets on future generations.

Growing up with a dad with T2 diabetes, having multiple relatives with diabetes, and being insulin resistant myself, I've devoted my practice and life to learning how to navigate the diabetes world. There's always something new to learn, and I thank my patients for sharing their journeys and struggles with me.

It's never too early to change your lifestyle to improve blood glucose control. Researchers even indicate that a healthy lifestyle for a pregnant woman is essential to preventing her baby from becoming diabetic later in life.

A small change in lifestyle can mean larger shifts in your metabolic system, leading to positive glucose and health changes.

Some of the tips in this book are helpful for some types of diabetes and not for others. I am not differentiating between them for simplicity's sake, but take what you like and leave the rest.

Even if you do not have a diabetes diagnosis, the following information can prevent diabetes in those who are insulin resistant or just wanting to achieve a healthful lifestyle.

Many points are supported by research studies and some are observations from my 25 years of working with those who are insulin resistant and diabetic.

MYTH: If I have diabetes I will know it.

FACT: You can have diabetes for many years without knowing it. Anne Peters, MD, a leading diabetologist and researcher at University of Southern California (USC), believes that the average person diagnosed with T2 diabetes actually had it for seven years prior to diagnosis!

I've divided each section into categories for ease. Some points are linked to studies, some to blogs, and others even to recipes or videos for fun and practicality, so enjoy the quick read.

Share these points with your family members, friends and carry them with you as a fast reference guide. Start living your life in the zone of knowledge and understanding of diabetes prevention and control.

Although diabetes is serious, especially if ignored, it can be a blessing in creating greater awareness about the need to balance your food, be active and maintain a healthy lifestyle. These things are all helpful in avoiding other types of illness and giving you control over how you live your life, what I collectively call your **Recipe for Life.**

SUSAN'S STORY

I remember even at eight years old feeling my clothes were too tight. I knew most of my friends were smaller than me, and that I was ALWAYS HUNGRY.

If I had a Ding Dong after school, I wanted another one. In pursuit of sweets, I continually wanted to make cookies. My mother finally got me my own baking book in second grade so I could make cookies myself, and eventually I became the family baker. I could bake amazing cookies, cakes and treats from scratch without effort.

When I got to college and took my first nutrition class, I realized I wanted to pursue food beyond baking. Having had some health issues in the past, I resolved not to become diabetic and continually struggle with my weight. This started my pursuit of eating well and being healthy. This book is not only a compilation of the current research that exists on health for diabetes, but also includes pointers that have worked for me and my patients.

SBD

Diet and Meal Balance

BREAKFAST AND MORNING ROUTINE

1. Eat breakfast every day. Starting your day with breakfast is one of the best ways to set the tone for blood glucose control. Waiting to eat is a set-up for being over hungry at the next meal, resulting in higher blood glucose levels and playing catch up with your diabetes. Studies show there is a correlation between skipping breakfast and poor glycemic control in T2 diabetes. Those who ate breakfast had a better glycosylated hemoglobin A1C. Even if your fasting glucose level is elevated, it is still important to eat breakfast to assist with improved blood glucose regulation for the remainder of the day.

“All happiness depends on a leisurely breakfast.”

- John Gunther

2. Eat within 60 minutes of waking. For decades we've been told the importance of breakfast. Still, many think of breakfast as optional, but here are some good reasons to include this important meal on a daily basis.

Eating upon waking contributes to a stronger metabolism, which means you will be more likely to utilize the food you've eaten all throughout the day. Because you are fasting overnight, waiting several hours can lower your metabolism and increase carbohydrate cravings (since your brain needs fuel), which can lead to overeating at other meals later in the day. Eating more of your food later in the day can lead to weight gain and higher blood glucose values.

3. Add protein to breakfast. Protein is one of the keys to controlling blood glucose values. It helps with lowering the spike in insulin caused by carbohydrate alone, and stabilizing the blood glucose curve. Protein helps you feel full, and extends the time till you are hungry again. Research shows breakfast highly influences the A1C. Adding eggs, Greek yogurt, cottage cheese and nut butters to your morning can go a long way toward glycemic control.