

# DIABETES BASICS



## TYPE 1 DIABETES

Your body does not make insulin, which takes the sugar (glucose) from the foods you eat and turns it into energy for your body.



## TYPE 2 DIABETES

Your body does not make or use insulin well. You may need to take pills or insulin to help control your diabetes. Type 2 is the most common type of diabetes.



## PREDIABETES

Your blood sugar level is higher than normal but not yet high enough to be type 2 diabetes. Without lifestyle changes, people with prediabetes are very likely to progress to type 2 diabetes.



## GESTATIONAL DIABETES

Some women get this kind of diabetes when they are pregnant. Most of the time, it goes away after the baby is born. Even if it goes away, these women and their children have a greater chance of developing diabetes later in life.



Mee Memorial Healthcare System

300 Canal Street | King City, CA | 93930  
(831) 385-6000

[meememorial.com](http://meememorial.com)

# 7 STEPS FOR BETTER LIVING WITH DIABETES

SMALL CHANGES CAN HAVE BIG IMPACTS

## 1

### HEALTHFUL EATING



Lots of vegetables and fruit in moderation. Eliminate sugary foods and drinks. Limit/reduce carbohydrates.



Watch portion sizes



Eat regular meals



If you are overweight, try to lose 10-20 pounds

## 2

### INCREASE ACTIVITY



Exercise 5 days a week



Be active 30 minutes a day

## 3

### MONITOR



Check your blood sugar levels; know your A1C



Check your blood pressure, cholesterol, eyes, feet and teeth

## 4

### TAKE MEDICATIONS



Know your pills and insulins, understand how they work  
Take the right doses at the right times

## 5

### PROBLEM SOLVE



Recognize your high and low blood sugars, understand what caused them. Learn to treat and prevent them.

## 6

### REDUCE RISKS



Quit smoking



Have regular health exams (eye, foot & dental)



See your doctor regularly for check-ups and tests.

**Contact your MMHS provider in King City at (831) 385-7100 or (831) 385-7200, or in Greenfield (831) 674-0112.**

## 7

### ENLIST HELP



Get support from your family, friends and diabetes care team



Set realistic goals and work toward them. Treat yourself with kindness.