

# Diabetes

## ***What is Diabetes?***

In individuals with diabetes, blood sugar levels are abnormally high. The body either does not produce enough insulin or cannot use insulin properly. The body needs insulin to turn the food we eat into energy. There are several types of diabetes the 2 most common are termed type 1 and type 2.

### ***Type 1***

- The cells that make the insulin have been destroyed by the body's own immune system
- To replace this missing insulin individuals are required to have daily insulin injections
- Usually develops in childhood
- Affects 10-15% of all people with diabetes.
- Cause is unknown

### ***Type 2***

- The pancreas is able to make insulin but it doesn't work as well as it should this cause's an imbalance in the body's blood sugar levels.
- Most common form of diabetes affects 90% of people with diabetes
- It is a result of a combination of both genetic and environmental factors
- Type 2 diabetes can be delayed and even prevented in up to 60% of cases by living an active lifestyle and eating a healthy diet.

## ***Risk factors for type 2 diabetes:***

- Family history of type diabetes
- Being overweight or obese particularly around the abdominal/waist region people classified as overweight are twice as likely to develop type 2 diabetes, and people classified as obese are four times as likely to develop diabetes compared to people in a healthy weight range.
- The prevalence of type 2 diabetes in some Aboriginal communities may be as high as 30%

## ***Exercise Tips For individuals with Diabetes:***

Suitable types of exercise depend on the individual. Here are some suggestions for you to discuss with your doctor: *Walking, Gardening, Swimming, Water aerobics, Golf, Cycling*. Increasing your general physical activity throughout the day is also helpful for example: taking the stairs instead of the lift, getting of the bus a stop early to walk to work, cycle to work. Ideally, you should be doing about 30 minutes of exercise every day. If this is not possible, then this time can be divided in 3 x 10 minutes sessions.

## ***Remember?***

- You do not need to 'puff' to gain the benefits of exercise. Aim for moderate intensity. This means you should still be able to talk as you exercise without becoming breathless.
- Drink extra of water before, during and after exercise to avoid dehydration
- Take care of your feet by wearing well-fitting comfortable shoes
- Take extra carbohydrate before and during exercise to prevent hypoglycaemia. Extra carbohydrate is often needed after exercise. Discuss adjusting carbohydrate intake with your doctor or dietician.
- Monitor your blood glucose levels before, if possible during (at least initially), and after exercise to assess your requirements for extra food.



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