

Health & Wellness

November
2024

Issue 2

Diabetes, Pre-Diabetes, and Hyper/Hypoglycemia

This month's health and wellness education is about diabetes, pre-diabetes, hyper and hypoglycemia and what the difference is between the conditions. We'll break down what each is and go over preventative measures as well as potential treatments.



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Welcome to DuPage Senior Citizens Council/Kane Senior Council's November Health & Wellness Newsletter!

We're here to bring you a new topic relating to wellness as well as new brain teasers, seasonal recipes, book recommendations, and more!



Providing Meals and More...



DuPage Senior
Citizens Council



Kane Senior
Council

Diabetes, Pre-Diabetes and Hyperglycemia

What is the difference?



Introduction

Diabetes, Pre-Diabetes, Hypoglycemia and Hyperglycemia are all conditions relating to **blood glucose (sugar) levels.**

Each of these conditions are unique.

Let's look at their similarities as well as what makes them different

DIABETES

What is it?

Diabetes is a chronic disease that occurs when:

the pancreas does not produce enough insulin

OR

the body cannot effectively use the insulin it produces

Symptoms of Diabetes may include:

INSULIN is:
a hormone that
regulates blood
glucose

- feeling very thirsty
- needing to urinate more often than usual
- blurred vision
- feeling tired
- unintentional weight loss

Diabetes can cause permanent vision loss by damaging blood vessels in the eyes.

Many people with diabetes develop problems with their feet from nerve damage and poor blood flow which can cause foot ulcers (and may lead to amputation).



DIABETES (cont.)

TYPE 1

**Previously known as:*

- *insulin-dependent,*
- *juvenile, or*
- *childhood-onset*

Characterized by **deficient insulin production** and requires daily administration of insulin

TYPE 2

- Affects how your body uses sugar (glucose) for **energy**
- Stops the body from using insulin properly, which can lead to high levels of blood sugar if not treated
- Over time, can cause serious damage to the body, especially nerves and blood vessels

What is Gestational Diabetes?

Gestational diabetes is hyperglycemia with blood glucose values above normal but below those diagnostic of diabetes.

- Occurs during **pregnancy**
- Diagnosed through prenatal screening, rather than through reported symptoms
- Often goes away after pregnancy
- Increases risk of developing type 2 diabetes later in life

WAYS TO PREVENT DIABETES

To help *prevent type 2 diabetes* it is important to:

- Reach and maintain a healthy body weight
- Stay active with at least **30 minutes** of moderate exercise daily
- Eat a healthy diet **low** in **sugar** and **saturated fat**
- Not smoke

DIAGNOSIS AND TREATMENT

The best way to detect diabetes early is to get regular check-ups and blood tests with a healthcare provider.

The sooner you are diagnosed, the better your overall outcome

People with type 1 diabetes need **insulin injections** to live

Type 2 diabetics often need to take medicines to help manage their blood sugar levels. These can include **insulin injections** or **oral medications**.

Along with medicines to lower blood sugar, people with diabetes often need medications to lower their blood pressure and statins to reduce the risk of complications.

Pre-Diabetes

Pre-Diabetes is a serious health condition that occurs when your blood sugar levels are **higher** than normal, but **not high enough** to be diagnosed as **type 2 diabetes**.

Pre-Diabetes can **increase your risk** of developing type 2 diabetes, heart disease, and stroke - however it is often reversible with lifestyle changes.

Some **risk factors** include:

- Being overweight or obese
- Age **45 years or older**
- Family history:
 - having a parent, brother, or sister with type 2 diabetes
- Physically inactive
- History of gestational diabetes

Symptoms include:

- Increased **thirst**
- Frequent urination
- Blurry vision
- Increased **fatigue**
- **Darker skin** in the **armpits** or on the **neck**
- Small **skin growths** in the **armpits** or on the **neck**

Some lifestyle changes that can help manage prediabetes include:

- Losing weight
- Building **muscle**
- Reducing **processed food**
- Getting at least **150 minutes** of movement per week
- Taking short walks **after or before meals**

Hyperglycemia vs Hypoglycemia

Hyperglycemia

A condition where there is too much glucose in the blood

Also known as **high blood sugar**

Hypoglycemia

Occurs when your blood sugar level drops too low

Also known as **low blood sugar**

Hyperglycemia

Occurs when the body doesn't produce enough insulin or doesn't respond to insulin properly. This causes glucose to remain in the blood instead of being used by cells.

Most common in people with diabetes, but it can also be caused by stress

*Having hyperglycemia *does not always* mean that someone has diabetes

Symptoms:

- Fruity-smelling breath
- Dry mouth
- Abdominal pain
- Nausea and vomiting
- Shortness of breath
- Confusion
- Loss of consciousness

If left untreated, hyperglycemia can lead to serious complications, such as damage to the eyes, kidneys, nerves, heart, and peripheral vascular system.

In severe cases, hyperglycemia can be life-threatening and lead to unconsciousness.

Hypoglycemia

A blood glucose level **below** what's healthy for you.

- People **with diabetes** = **below 70 mg/dl**
- People **without diabetes** = **below 55 mg/dl**

Symptoms include:

- Shaking or trembling
- Weakness
- Sweating and chills
- Extreme hunger
- Faster heart rate
- Dizziness or lightheadedness
- Confusion or trouble concentrating
- Anxiety or irritability
- Color draining from skin (pallor)
- Tingling or numbness in lips, tongue or cheeks

Most commonly caused as a side effect of medications used to treat diabetes.

Can also occur if you don't eat or drink enough **carbohydrates**

Treatment involves correcting the low blood glucose to relieve symptoms

For more health and wellness tips, information and resources, visit our website.



WRAP UP

Diabetes is a chronic disease that occurs when the pancreas does not produce enough insulin or when the body cannot effectively use the insulin it produces. Insulin is a hormone that regulates blood glucose.

Pre-diabetes is a health condition that occurs when your blood sugar levels are higher than normal, but not high enough to be diagnosed as diabetes.

Hyperglycemia is a condition where there is too much glucose in the blood, also known as high blood sugar. It occurs when the body doesn't produce enough insulin or doesn't respond to insulin properly. This causes glucose to remain in the blood and not used by cells.

Knowing more about **blood sugar management** and disorders help to control symptoms or prevent the onset of more serious conditions!

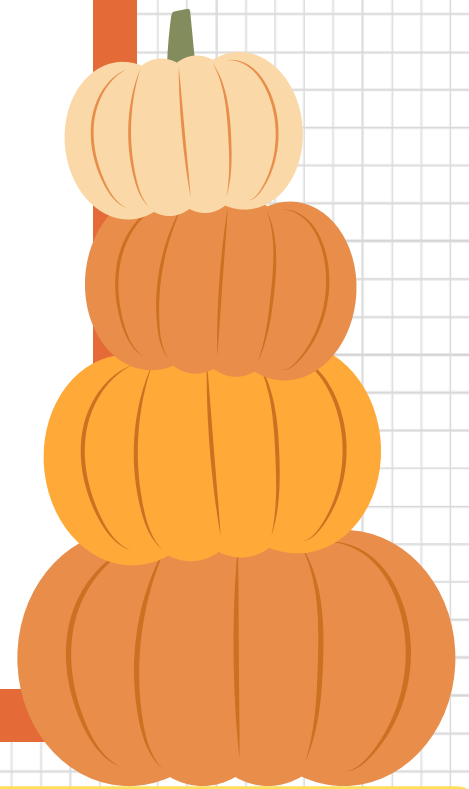
Talk to your doctor or health care provider if needed to discuss your blood sugar and ways to stay healthy.

BRAIN BOOSTERS

SUDOKU

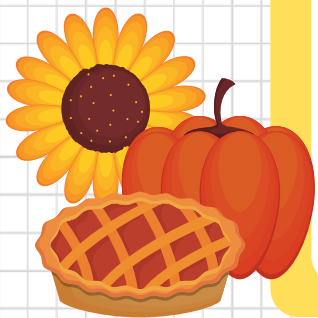
	6				5	7		2
		4		9	6		1	
8	7	1	3		2			
5				7	1	3		
	3			5			7	
		7	8	2				5
			5		9	6	8	7
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7		6	4				2	

Fill in the blank squares so that each row, each column and each 3-by-3 block contain all of the digits 1 thru 9.

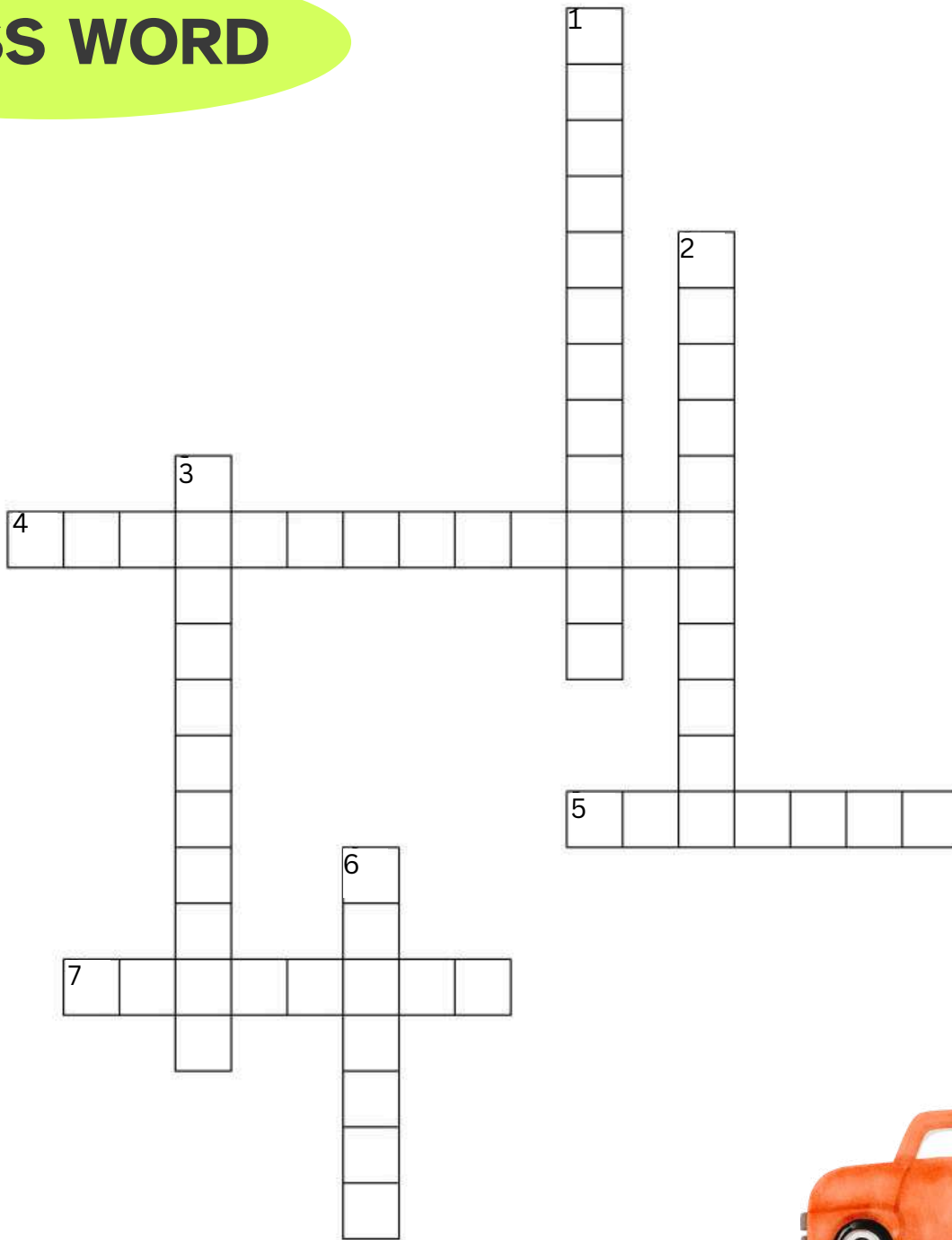


RIDDLE OF THE MONTH

I am served at Thanksgiving dinner. I have ears, but I cannot hear. My outside is good enough to eat, but my inside gets thrown away. What am I?



CROSS WORD



DOWN

1. Condition characterized by low blood sugar
2. A serious health condition with blood sugar levels higher than normal but not high enough for diabetes
3. Type of diabetes that can occur during pregnancy
6. A common symptom of pre-diabetes

ACROSS

4. A condition where blood sugar levels are too high
5. Hormone that regulates blood glucose
7. A chronic disease caused by insufficient insulin production



November Recipe: Melting Potatoes



Ingredients:

- 4 russet potatoes
- 2 cloves garlic
- 2 sprigs fresh rosemary
- Kosher salt and freshly cracked black pepper
- Flaky salt, to garnish
- 10 tablespoons unsalted butter
- 1 cup low-sodium chicken broth
- 2 tablespoons vegetable oil

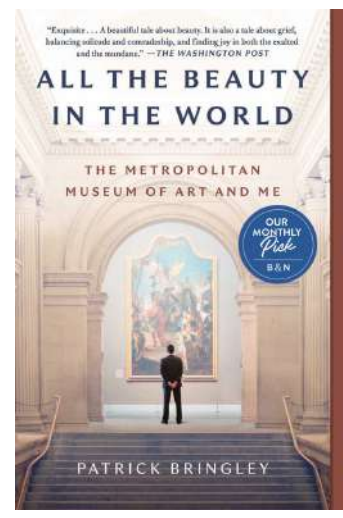
Directions:

1. Preheat the oven to 400 degrees F.
2. Peel the potatoes and slice off the ends. Cut into 1-inch slices. Season both sides of the potatoes generously with kosher salt and pepper.
3. Heat a cast-iron skillet (or other heavy-duty, ovenproof skillet) over medium-high heat. Add the oil and 4 tablespoons of the butter. Sear the potatoes on one side until golden brown, about 4 minutes. Flip the potatoes and add the broth, rosemary and garlic. Cut the remaining 6 tablespoons butter into cubes and scatter on top of the potatoes. Transfer the skillet to the oven and cook until fork-tender, about 30 minutes. Garnish with flaky salt and spoon the pan sauce all over the potatoes.

Our Book Pick of the Month

All the Beauty in the World: The Metropolitan Museum of Art and Me
by Patrick Bringley

“Explore the hallowed halls of the Metropolitan Museum of Art like only a former security guard can. Paired with a touching personal story full of heart, humor and humanity, this is an examination of the world through timeless art.”



ANSWER KEY



3	6	9	1	8	5	7	4	2
2	5	4	7	9	6	8	1	3
8	7	1	3	4	2	9	5	6
5	4	2	6	7	1	3	9	8
6	3	8	9	5	4	2	7	1
1	9	7	8	2	3	4	6	5
4	2	3	5	1	9	6	8	7
9	8	5	2	6	7	1	3	4
7	1	6	4	3	8	5	2	9

Riddle Answer:

I am served at Thanksgiving dinner. I have ears, but I cannot hear. My outside is good enough to eat, but my inside gets thrown away. What am I?

Answer: Corn



ANSWER KEY





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From the Council

News & Events

Elgin Township Community Dining Opens in November

Our Community Dining at the Elgin Township location will resume operation on November 18th .

Community Dining “Friendsgiving” Party

November 20, 2024
from 11am-12pm

Aurora Senior Services Associates

2111 Plum St, Aurora, IL 60506

Call 630-642-8441 to RSVP

“Westmont Holly Days - Frosty & Friends Parade”

December 7, 2024

From 4:00 PM - 7:00 PM

Come to downtown Westmont on Cass Avenue for the annual **Holly Days with the Frosty & Friends Parade**. DSCC will be taking part in the parade!





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