Finding out you have diabetes can be upsetting. While diabetes is serious, people with diabetes can live long, healthy, happy lives. *Poorly controlled* diabetes can lead to serious health problems like heart attack, stroke, blindness, kidney failure, amputation and others. Controlling your diabetes can dramatically reduce your risk of developing these complications.

Before you had diabetes, your own body made plenty of insulin. Insulin is a hormone that helps the body use glucose (sugar) for energy. Insulin is necessary for the body to be able to use sugar. Sugar is the basic fuel for the cells in the body, and insulin takes the sugar from the blood into the cells.

When glucose builds up in the blood instead of going into cells, it can cause two problems: 1) right away, your cells may be starved for energy and 2) over time, high blood glucose levels may hurt your eyes, kidneys, nerves or heart.

An estimated 13 million people in the U.S. have been diagnosed with diabetes. Unfortunately, 5.2 million people or nearly one third are unaware they have the disease as of 2002.
GET MOVING . . . SHOP FOR A SHOE THAT FITS WELL:
1 - Shop toward the end of the day when your feet are slightly swollen.
2 - Take along the socks you will wear with the shoes.
3 - Take your old shoes with you to the store. They will help the salesperson see how you wear out your shoes.
4 - Allow adequate space between toes and top of shoe.
5 - Make sure you can wiggle your toes and the widest part of your foot is in the widest part of the shoe.
6 - Walk or run around the store, preferably on a hard surface rather than carpet, to make sure they are comfortable in action.
7 - If you are comfortable walking in your favorite running shoe, do not spend extra money on a new pair of shoes.

DID YOU KNOW . . . ?
✓ Type 1 diabetes is usually diagnosed in children and young adults, and was previously known as juvenile diabetes. In Type 1 diabetes, the body does not produce insulin.
✓ Type 2 diabetes is the most common form of diabetes. This type of diabetes is when the body does not produce enough insulin or the cells are not using the insulin.
✓ You can treat low blood sugar by consuming a tube of glucose gel or 3 to 4 glucose tablets OR 1/2 cup juice or regular soda (not diet soda) OR 3 to 4 hard candies, which should be chewed not sucked for faster action.
✓ The blood sugar targets should be 80-110 mg/dL before a meal, 100-140 mg/dL after a meal and 100-140 mg/dL at bedtime.

STAY HEALTHY WITH DIABETES
⦁ Follow a healthy eating plan that you and your doctor and/or dietician have worked out. Eat meals about the same times each day.
⦁ Be active a total of 30 minutes most days. Consult with your doctor on which activities are best for you.
⦁ Take your diabetes medicine at the same times each day.
⦁ Check your blood sugar every day. Each time you check your blood sugar, write the number in your record book. Call your doctor if your numbers are too high or too low for 2 to 3 days.
⦁ Check your feet every day for cuts, blisters, sores, swelling, redness, or sore toenails.
⦁ Brush and floss your teeth and gums every day.
FAMILY ACTIVITY

It's okay for some people with diabetes to have sweets once in a while. Gather the family and make a new dessert once a week. Make a lowfat, fat free, sugar free or reduced sugar dessert such as frozen yogurt, fresh fruit cup or the delicious lemon mousse recipe listed below. The diabetic should eat a smaller amount. Don’t forget to count your carbs or diabetic exchanges!!

CLIP AND COOK

Delightful Lemon Mousse

1 1/2 cups boiling water
1 package (8 serving size) Lemon Flavor Sugar Free Low Calorie Gelatin
2 tsp grated lemon peel
1 cup cold apple juice
1-8 ounce whipped topping, thawed
Ice cubes

Strawberry Topping
1-10 ounce package fresh or unsweetened frozen strawberries, thawed,
  pureed in blender

1. Place gelatin and lemon peel in bowl. Add boiling water and stir 2 minutes until gelatin is completely dissolved.
2. Mix apple juice and ice to measure 1 3/4 cups. Stir into gelatin until slightly thickened.
3. Stir in whipped topping with wire whisk.
4. Pour half of the strawberry topping into dessert dishes. Top with gelatin mixture. Finish with remaining strawberry topping.
5. Refrigerate 4 hours or until firm.
Makes 10 servings.

Nutrition Facts
Calories 80
Carbohydrate 15 g
Sugars 8 g
Exchange: 1 Carbohydrate