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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Top 10 Do's For Women With type II Diabetes

By Namita Nayyar

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It has been observed that women who are diagnosed with Type 2 diabetes are overweight. The exact cause of this type of diabetes is unclear, but it does appear to be associated with weight gain. In fact, a sedentary lifestyle, along with poor dietary habits, popular in the culture today, is among the explanations for the dramatic increase in the numbers of women suffering with Type 2 diabetes.

The connection between diet and diabetes is that, if you eat a high-fat, high calorie diet, which a lot of us do today, you put yourself at risk for weight gain, and if you are more than 120% of your desirable body weight, in simple terms, more than 20 pounds over what you should weigh, you become more insulin resistant, you use your own insulin at less capacity than you should, and you will have higher blood sugars, which will lead to diabetes. Diabetes is on the rise, and women with diabetes have an elevated risk of heart disease and stroke.

The good news is that there are steps they can take to reduce their risk of diabetes complications. From the National Diabetes Education Program (NDEP), here are Top 10 do's to help women with diabetes live longer, healthier lives.

Do review your treatment plan with your doctor or health care provider at least once a year. Make changes if your plan is not working well.

Do work with a dietitian. Create a meal plan that gives you healthy choices and is just right for you. A dietitian will guide you on how to exercise portion control & make healthy food choices.

Do have a snack when you're hungry. Choose something healthy (something that's low in carbohydrates) that fits into your overall meal plan. All the starchy foods like rice and potatoes and breads and cereals get broken down into sugar in the body. If you eat them in excess, your blood sugar is going to go up, so you need to use some portion control. The real key, is portion control.

Do ask your health care provider for an A1C test. A1C, short for hemoglobin A1C, is the best test to know if your blood glucose (sugar) is under control. Aim for a fasting blood sugar between 70 and 120.

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Before a meal, we want it less than 122, and after a meal, about an hour after a meal, we want it to be less than 180. These are actually the blood sugars that you should be aiming for, and that is actually what we call good control.

Do control the ABCs of diabetes: A1C for blood glucose, B for blood pressure and C for cholesterol. That's the key to reducing your risk of heart disease and stroke.

Take care of your feet. Wear comfortable shoes that have a smooth lining, fit well and protect your feet. Do have your feet, eyes and kidneys checked at least once a year. Regular check-ups help to find problems early, when they can be treated and managed well. Also, do see your dentist twice a year. Make sure he or she knows you have diabetes.

Do your housework and get more than a clean house. Turn up the music, get some exercise and burn away those calories. Exercise is a really important tool, because it can help lower your blood sugars. Your muscles use sugar, glucose, as the source of energy, so it can actually lower your blood sugars. Begin after you have undergone a stress test before starting on a fitness routine. Just walking like maybe half a mile in the beginning, would be enough, then you can slowly build up from that.

Do walk whenever you have the chance. Get off the bus or subway a few stops early or park at the far end of the lot. Walking is a great place to start . You don't need any fancy equipment, you don't need to have a special outfit or anything, what you really need is a good pair of walking shoes, and to go out and start.

Do avoid smoking. Smoking doubles the damage to the body by contributing to poor blood glucose control by interfering with the timing and effects of insulin. It also raises your blood glucose level, which contributes to poor diabetes control. If not checked in time ,it can cause hardening of the arteries. This particularly affects the body's larger arteries to the legs and brain, making amputation and strokes more likely. Although it is true that most people gain some weight when they quit smoking, for the vast majority of smokers the gain amounts to less than 10 pounds. The health benefits of quitting far outweigh the risks of a few extra pounds . Beyond fear of weight gain, the most common obstacle to quitting is the addictiveness of nicotine. Ask your doctor or nurse about ways to help you quit smoking. Log on to:

<http://www.diabetes.org/main/community/forecast/page46.jsp> to know more on Diabetes & Smoking.

Do talk with family and friends about managing your diabetes. Be an inspiration with your healthy lifestyle.

The mainstay in treatment of Type 2 diabetes is actually diet and exercise. Regardless what type of medicines you're going to be on, diet and exercise are always going to be important. Your medicines are not going to work if you mess up at your diet.

For more information on diabetes care, call the National Diabetes Education Program at 1-800-438-5383 or visit the NDEP Web site at www.ndep.nih.gov .

She is president Women Fitness . Under her supervision WF provides women with best & latest in

health and fitness .

Fighting Diabetes Mellitus...

By Ashish Jain

Diet control is an important part of the diabetes treatment. There are certain do's, and not to do's as far as eating is concerned for a diabetic patient. Eating wrong food is as good as wrong medication in diabetes. You have a lifetime to suffer, for your negligence on this count.

The foods that are unacceptable are those containing sugar like molasses, corn syrup, all white breads, rice products, millet, corn, bananas, watermelons, raisins, potatoes, carrots, beets, alcohol, beer and all liquor except red wine. The permitted food items are barley, whole wheat pita, bean threads, green leafy vegetables, nuts and olives.

It is reported that 15 million Americans have Type II diabetes and a good percentage of them are unaware that they have the disease. This type of diabetes is also called non-insulin-dependent diabetes mellitus (NIDDM). In USA, it is the sixth largest killer disease.

There are two types of Diabetes Mellitus: Type I diabetes mellitus and type II diabetes mellitus.

The other name for Type I diabetes mellitus is insulin dependent diabetes mellitus (IDDM). This disease is an autoimmune disease. The pancreas produces no insulin. For survival, the patient has to depend on insulin shots. There is no cure for this type of diabetes.

The other name for type II diabetes mellitus is non-insulin dependent diabetes mellitus (NIDDM). It is also known by the name adult onset diabetes mellitus, AODM. It is a metabolic disorder. Body is unable to make enough or proper use of insulin. It occurs mostly in individuals over the age of 40. The incidence increases with age. A good majority of the type II diabetes patients are obese.

Type II diabetes was the 'privilege' of the middle age and older people. Now it is taking into its net, the younger generation also.

In short, it can be said that diabetes shakes the entire body of an individual. You are likely to catch the infection of the bladder and the skin. Abrupt fluctuations in the glucose levels can lead to blurred vision. Extremely high glucose levels can lead to diabetic coma.

Type I Diabetes mellitus is a dangerous disease and insulin is vital to patients. Without insulin, the patient is helpless and may lead to fatal blood sugar levels. Increased sugar level leads to increased urination, and loss of fluid and electrolytes in the urine. Without proper and controlled treatment, the patients of this type of diabetes may suddenly go into coma, known as diabetic coma. Until this day there is no medicine for diabetes. Hope for your life is in your diet and proper exercise!

Your morning walks! Talk less and walk more!

& Diabities provides detailed information on diabities, diabities diet, diabities symptoms and more.



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