

November is Diabetes Month!



Myth or Truth?

You can be a borderline diabetic.

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You can be a borderline diabetic.

The truth: “Borderline diabetic” is an old term. Pre-diabetes refers to blood glucose levels that are higher than normal but not yet high enough to be considered diabetes.

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Myth or Truth?

It's your fault if you have diabetes because you gained too much weight, ate too much candy, or don't exercise enough.

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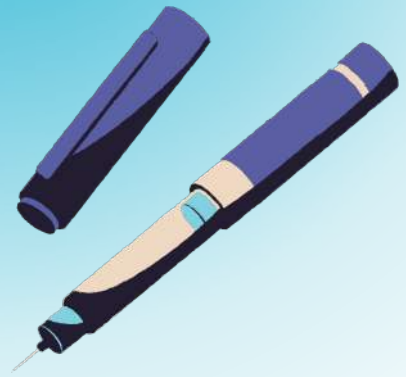
The truth: diabetes is caused by your genetics and the environment you live in. Type 1 diabetes is an autoimmune disease. It's not your fault if you develop diabetes.

Adapted from Diabetes Myths, Misconceptions, and Big Fat Lies by Michelle Archer

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Myth or Truth?



If someone with Type 2 Diabetes starts injecting insulin, they become a Type 1 Diabetic.

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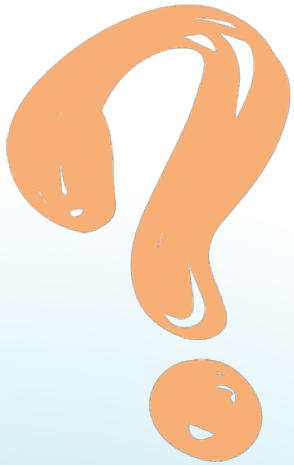
Myth or Truth?



If someone with Type 2 Diabetes starts injecting insulin, they become a Type 1 Diabetic.

The truth: Type 1 Diabetes is an autoimmune disease. The only treatment for Type 1 Diabetes is insulin. Type 2 Diabetes can be treated in many ways. Insulin is one treatment option - just because you start insulin does not mean that you have Type 1 Diabetes.

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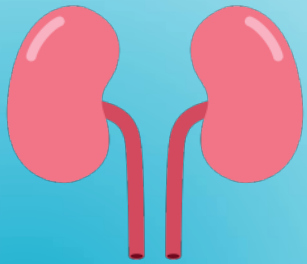
Myth or Truth?

***You don't have to worry about your diabetes
or blood sugar if you feel okay.***

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Myth or Truth?

You don't have to worry about your diabetes or blood sugar if you feel okay.



The truth: High blood sugar can cause damage to eyes, kidneys, nerves, and blood vessels. People usually don't feel different until the damage is serious. You can't control diabetes by how you feel, you must control it by the numbers. Talk to your healthcare team about testing your blood sugar.

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Myth or Truth?

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Myth or Truth?

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Perfect control is impossible, but “close” is both possible and good enough to protect your health.

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Myth or Truth?

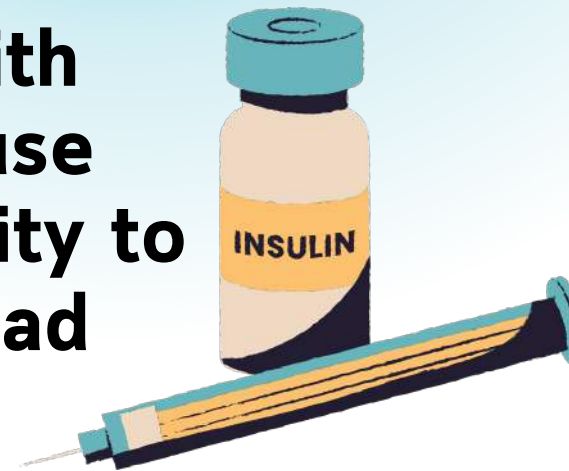
You're a "bad diabetic" if you have to take insulin.

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Myth or Truth?

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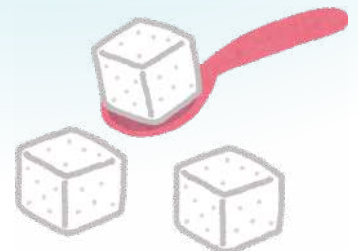
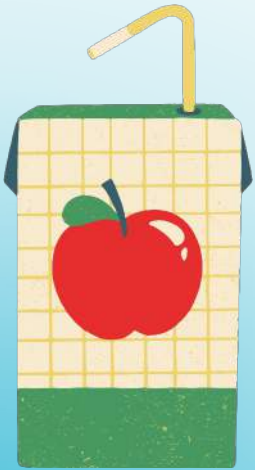
The truth: Over time, many people with diabetes need to inject insulin because the pancreas gradually loses its ability to make insulin naturally. You aren't a bad diabetic if you need to take insulin.



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Myth or Truth?

Low blood sugar (4 mmol/L or lower) should be treated with fast acting sugar.



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Test blood sugar with a finger poke and glucometer. If the number shown is 4 or lower, do the following:

1. If conscious (awake), take 15 grams of pure carbs. Examples: 2 packages of Rocket candies, 6 Lifesaver candies, 4 Dex4 tabs, juice box, small can of regular pop (not diet or zero sugar), 1 tablespoon honey
2. Wait 15 minutes then test blood sugar again. If it's still below 4, take another 15 grams (look above for examples). If it's 4 or above, eat a snack with protein and carbohydrates. Example: toast and peanut butter.
3. If the person you're caring for is unconscious, call 911. If you are having the low blood sugar and feel faint/about to pass out, try to call 911.



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Myth or Truth?

Gestational diabetes disappears once baby is born.



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Myth or Truth?

Gestational diabetes disappears once baby is born.

Truth, but... gestational diabetes can go away once the placenta is delivered, but there's an increased risk of developing Type 2 Diabetes. It's very important to go for your 6 week to 6 month screening postpartum.

