



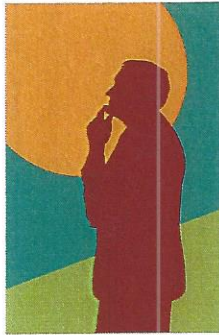
# Back Door Reading From your Health Ministries



## Type II Diabetes

### Know Your Numbers

- ↳ FBS = Fasting Blood Sugar (12 hr fast)
- ↳ Under 90 is normal
- ↳ Over 125 is a diagnosis of diabetes
- ↳ 90—124 may be called "glucose intolerance."



- ↳ Previously called Adult Onset Diabetes
- ↳ A problem with utilizing glucose, not a problem with insulin production
- ↳ Associated with family history, age, and being overweight,
- ↳ Increasingly diagnosed at younger ages, even in children
- ↳ High blood sugar damages every body system



The cell openings that admit glucose (sugar) to the cells do not open as readily as they should. The sugar that is unable to get into the cells to provide energy builds up in the blood. High concentration of glucose in the blood damages blood vessel walls, causing problems throughout the body. The diet needs to be balanced to deal with this.



All food (protein, fat, carbs) is turned into glucose at some point. The diet should try to eliminate large amounts of sugar showing up at once, i.e. eating desserts! A meal of all food groups delivers glucose to the cells gradually instead of all at once.



**Fiber is Good**  
Fiber slows metabolism of food. Orange juice with pulp releases glucose slower than without, and a whole orange is better still. Whole wheat products are better than white because of the increased fiber.



Unfortunately, it is a myth that breaking a cookie or muffin makes the calories fall out!

- ↳ If you are overweight, shedding pounds may help
- ↳ Exercise helps by enhancing glucose metabolism
- ↳ Medication may be necessary, either pills or insulin.

