Greetings from Charleston, SC to all of our friends.
We hoped that you have been staying active and making
good progress. As you know the holidays are coming up
and your first thought will probably be “I am trying eve-
rything!” Don’t fall for the temptation. In this newslet-
ter we want to give you a few tips on eating healthy. We
also want to give you a little information on how these
tips will help your diabetes.

The surveys are ready. We are looking for African
Americans with diabetes or that have a family
member with diabetes to volunteer.

To show our appreciation for your time we will also be
giving a $35 Walmart Gift Card to all volunteers. To vol-
unteer please call 1-866-551-3010.
What exactly is diabetes?

Diabetes is a disease in which the insulin produced by the pancreas is either not enough or it is not used by the body. Insulin is used by cells to help the glucose (sugar) that enters bloodstream from the food we eat to enter the cells in our bodies. When there is not enough insulin to help us absorb the sugar it builds up in the body. Some tips for you to maintain your glucose (sugar) and insulin levels are:

**Tip #1: Take your medications**

Shots and medications work in various ways by:

- decreasing glucose released from the liver
- stimulating the pancreas to release insulin
- making the body more sensitive to insulin
- slowing carbohydrate absorption

This helps maintain sugar levels which may lead to tiredness, weight loss, damage to blood vessels which supply blood to organs, and excessive urination and dehydration. For these reasons it is important that you take your medications and check your blood glucose (sugar) levels.

**Tip #2: Talk to your Healthcare Professional**

- Talk face to face and improve your relationship with your healthcare professional
- Write down things that you are concerned about to ask your healthcare professional so that you won’t forget
Exercising 30 minutes most days of the week has many benefits to people with diabetes because:

- it helps insulin to assist better in getting glucose into cells
- lowers your blood sugar (up to 24 hours) and A1C
- you are building and using muscles which helps prevent high glucose
- it decreases risks of other illness that diabetes can contribute to

Many of the foods that we eat on a daily basis contain some amount of carbohydrates and sugar. When carbohydrates and sugars are digested the body turns them into glucose (sugar) which usually enter the bloodstream and then cells with the help of insulin and are used for energy. However, in people with diabetes insulin is not produced sufficiently or correctly so the glucose (sugar) instead builds up in the bloodstream. By eating the correct portions of foods you limit the amount of excess glucose (sugar) that can enter the bloodstream. A quick way to measure the correct portion is use your hands as shown above.

Following these tips can make diabetes a lot easier to manage.