

DIABETES AWARENESS

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▶ DIABETES MYTHS AND FACTS



MYTH 1:

- Eating too much sugar or being overweight causes diabetes.

FACT 1:

- Diabetes is a metabolic disorder. Your metabolism is the process your body uses to make energy from the food you eat. If your metabolism does not work correctly, you are at higher risk for diabetes.
- Some people may be able to control their Type 2 Diabetes and sometimes avoid it altogether by eating a well-balanced diet of plenty of non-starchy vegetables, plenty of lean protein, quality fats (Omega 3, non -saturated fats) and compound carbohydrates, and limiting sugar. Adding in at least 30 minutes of activity a day helps push off diagnosis or possibly avoids it completely.
- If your metabolism works correctly, you cannot give yourself diabetes by eating too much sugar.

MYTH 2:

- People with Diabetes should not eat sugar or carbohydrates.

FACT 2:

- Carbohydrates (or carbs) are a necessary building block of nutrition for everyone – including people with diabetes. Humans need carbs for fuel.
- Eating a balanced diet with limited carbohydrates, protein, quality fats, and lots of vegetables will help you keep your blood sugar down. A diabetes coach or educator can help you decide how it is best to include carbs in your meals and snacks.

MYTH 3:

- It's best to avoid using medication for treatment of diabetes for as long as possible.

FACT 3:

- While some people can control their blood sugar with diet and activity, most people with diabetes eventually need at least one medication to help keep their blood sugars down. Blood sugar control is key to help avoid the complications of diabetes (heart attack, stroke, amputations, blindness, etc.) Medications along with diet and activity, are often needed to achieve and maintain necessary blood sugar control.

MYTH 4:

- If I need insulin, my diabetes is bad. If I start taking it, I can never stop.

FACT 3:

- Not necessarily. Sometimes, especially when people have had undiagnosed diabetes for a long time, insulin may be needed to get blood sugar levels under control quickly and safely. Once diet, activity, and medications are aligned, insulin may be weaned off with the help of a healthcare provider.
- Some people need insulin because their pancreas has stopped producing insulin. Medications that do not provide the body with insulin do not work for these people. This condition is something that can only be treated with insulin.
- You may need insulin to control your diabetes if other medications do not work or if you have side-effects from all the other medications.

SOURCES: