

Self-Management of Type 2 Diabetes

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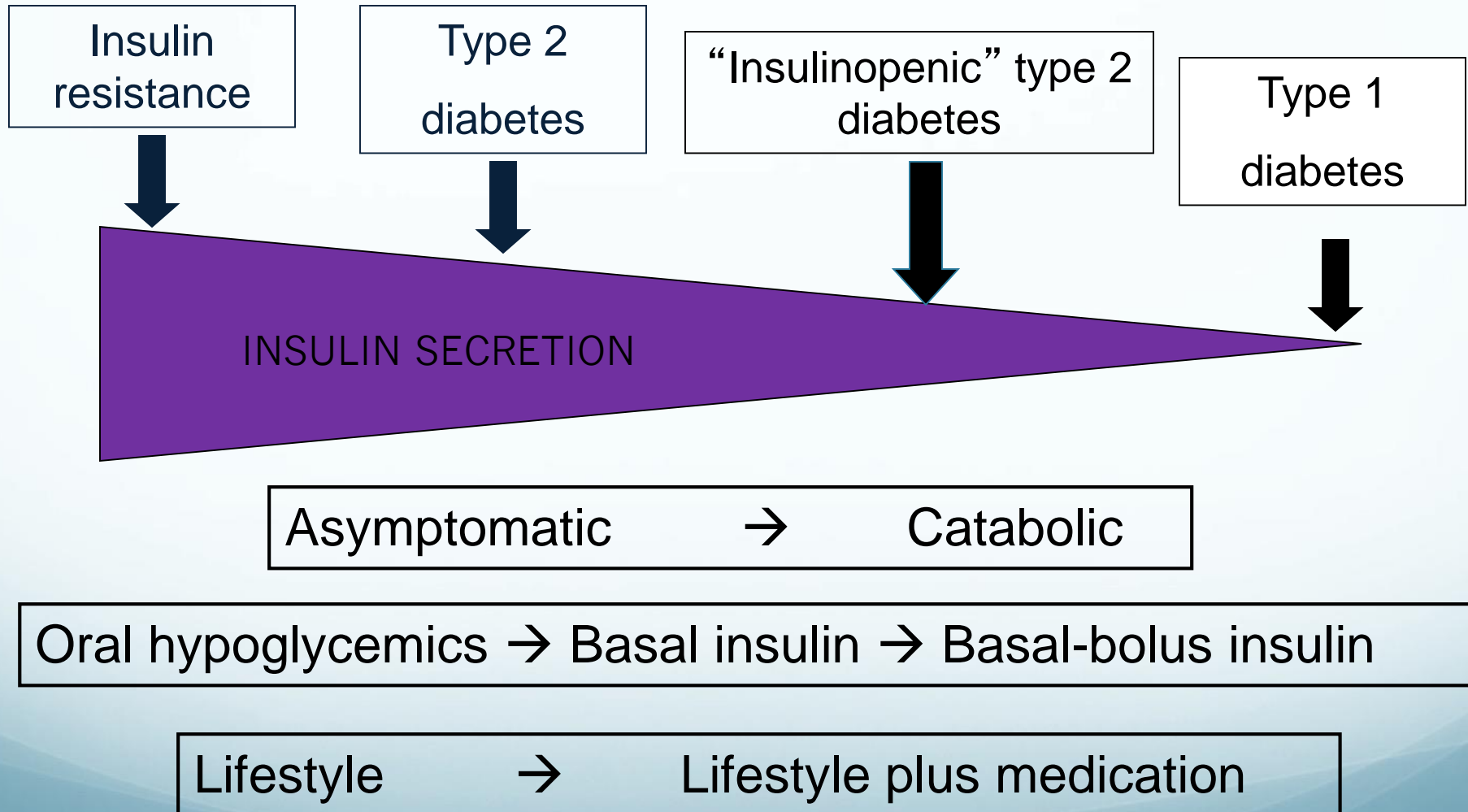
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September 29th, 2018

What is diabetes

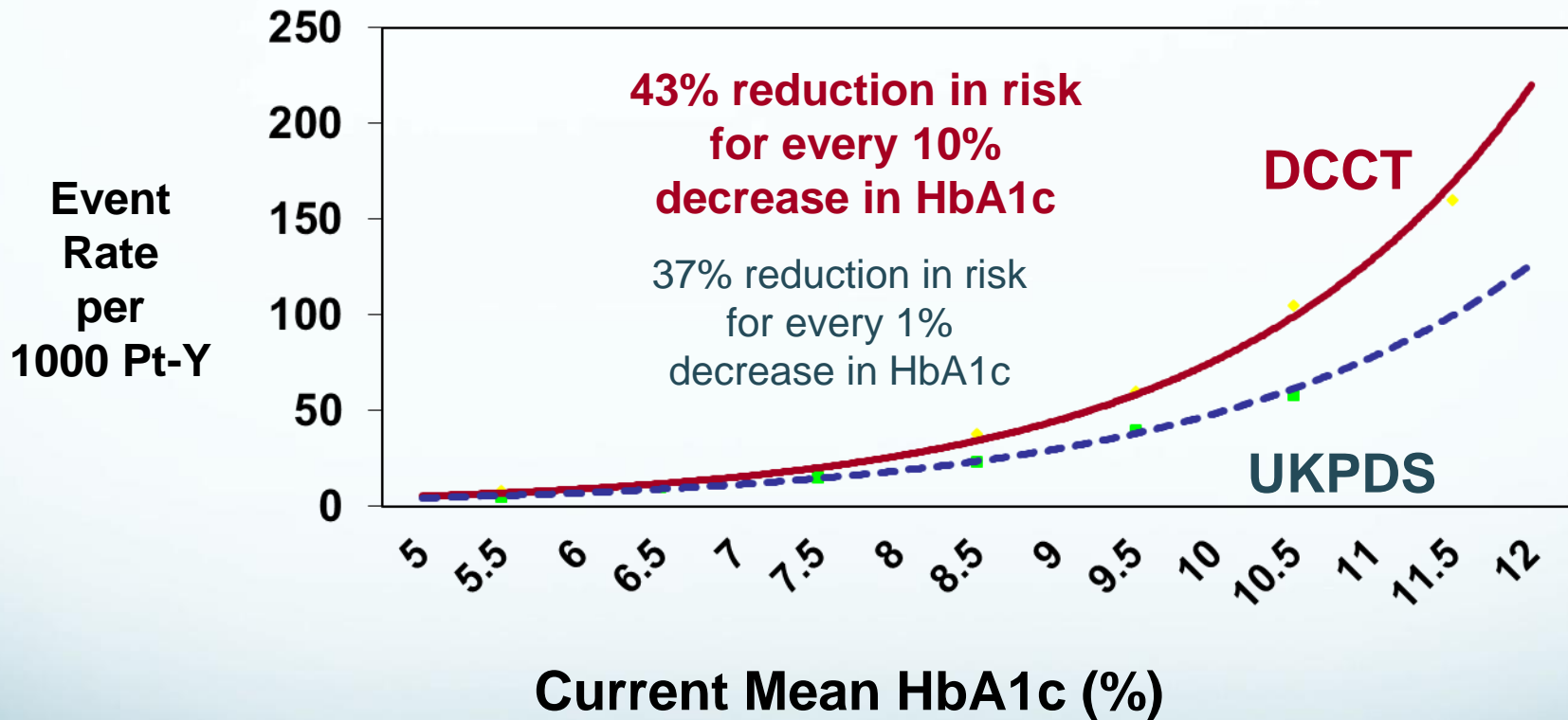


Diabetes and obesity

- Obesity drives the type 2 diabetes epidemic
- Many people with obesity and type 2 diabetes are insulin resistant
 - Treatment strategy- reduce insulin resistance
- Some people also have insulin deficiency
 - Treatment strategy is also reducing insulin resistance
 - But may also need insulin replacement

Relationship between Glycemia and Complications

DCCT and UKPDS



Increase Insulin Sensitivity

- Diet!
 - Loss 7-10 % of body weight
- Exercise!
 - walks > 30 minutes daily
- Lifestyle Modification is the key component of type 2 diabetes management

Self monitoring of blood sugar

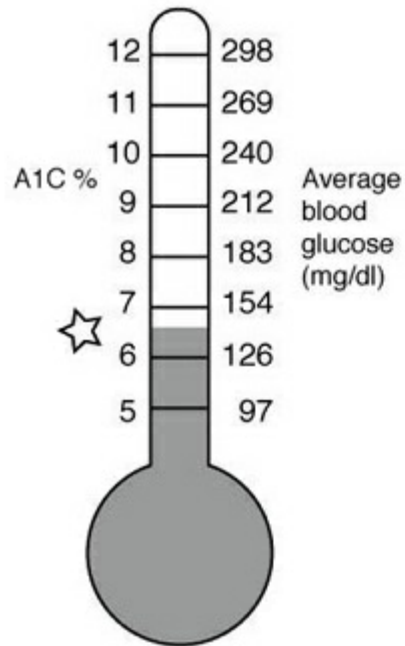
- Target Blood Sugar Ranges (mg/dl)

<u>Time</u>	<u>Most people with diabetes</u>
• Fasting/before meals	- 80-130
• 2 hours after the start of meals	- <180
• At bed time	-110-150
• Hemoglobin A1c	- <7% without hypoglycemia, sometimes higher targets are appropriate

- **Your goal is based on your age, how long you have had diabetes, and any other illnesses you have. **Older patients may have a target of 100-150 mg/dl or higher before meals.***

HbA1c

Check out the thermometer below to see how your average blood sugar relates to your A1C reading.



How Food Affects Blood Sugar Levels

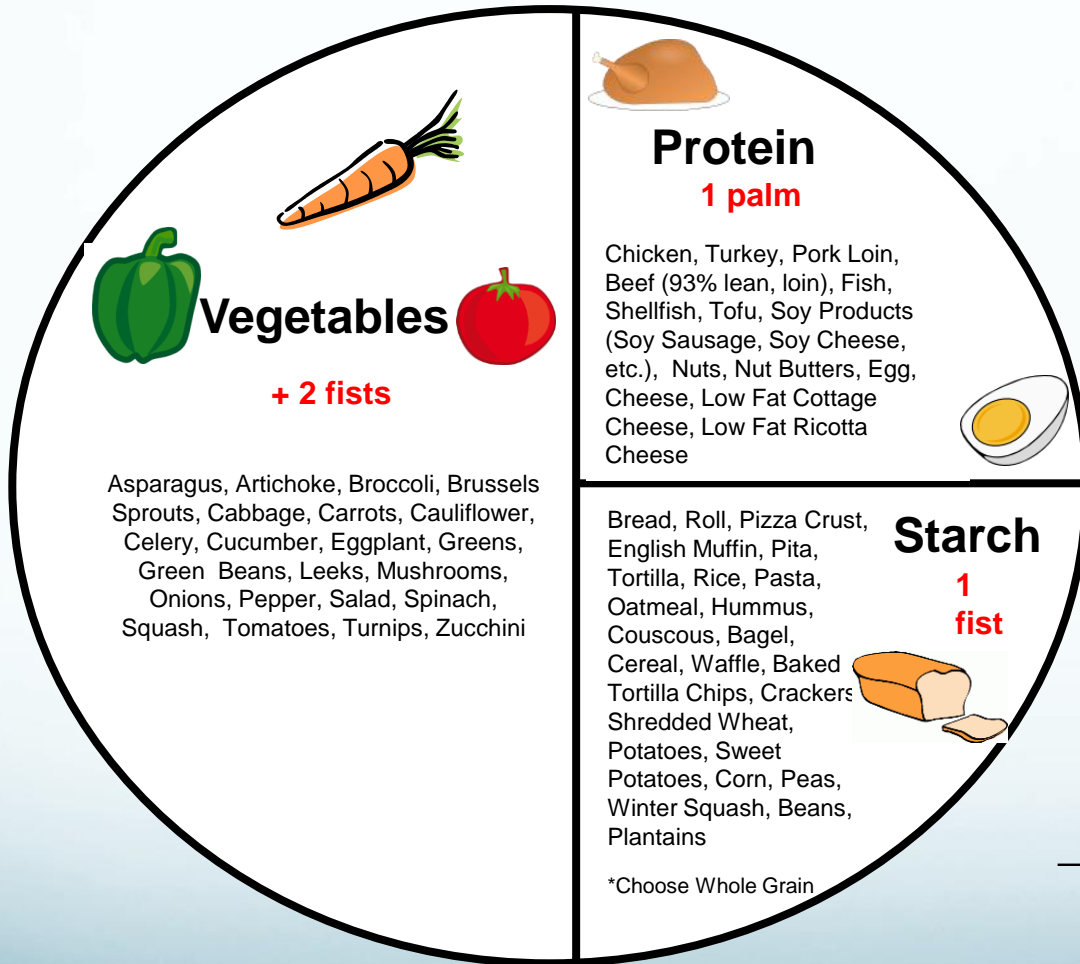
Foods that contain carbohydrates will increase blood sugar. Eat in portion control:

- **Starch** (bread, English muffin, pasta, rice, cereal)
*Choose whole grains and starches with at **least 3 grams of fiber per serving** for better blood sugar control.
- **Legumes/Beans**
- **Starchy Vegetables** (potato, corn, green peas, winter squash)
- **Fruit**
- **Milk and Yogurt**
- **Sweets**

Foods contain little or no carbohydrates. Balance with portion of carbohydrate:

- **Vegetables-**
 - Cooked or Raw
 - Fresh or Frozen
- **Protein**
 - Fish
 - Poultry
 - Beef, Pork, Lamb
 - Cheese, cottage cheese
 - Eggs
 - Nut butters/Nuts
- **Fats** (eaten in moderation)

Balanced Plate for Diabetes



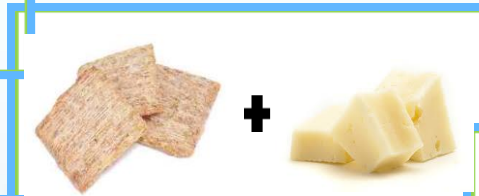
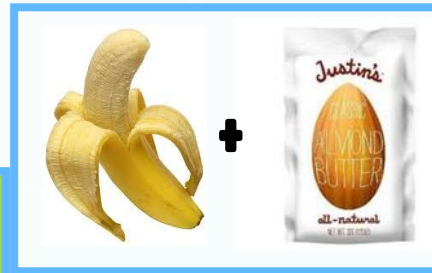
*Limit added fats and choose more plant based fats (olive oil, vegetable oil, nuts, seeds, avocado)

Fruit: 

Dairy: 

Balanced Snacks

- Think of **carbohydrate + protein** to help keep you full:



Questions?



Thank you!

MGH Diabetes Center