





Tool: Science Says...Reducing Blood Glucose

Making decisions about improving your health is a complex but important endeavor. For those who have diabetes, these decisions can be even more challenging. This tool includes an overview of the types of diabetes and what kinds of lifestyle changes can help to reduce blood glucose when implemented under a doctor’s guidance.*

Forms of Diabetes			
<p>Type I Diabetes “Juvenile Onset”</p> <p><i>Occurs in:</i> Children <i>Caused by:</i> Failure of beta cells to produce insulin. Typically rapid-onset.</p>	<p>Type II Diabetes “Adult Onset”</p> <p><i>Occurs in:</i> Adults <i>Caused by:</i> Failure of insulin receptors.</p>	<p>Gestational Diabetes</p> <p><i>Occurs in:</i> Pregnant women <i>Caused by:</i> Pregnancy hormones causing insulin receptors to fail.</p>	<p>Prediabetes</p> <p><i>Occurs in:</i> Adults <i>Caused by:</i> Increasing blood glucose levels. If left untreated, prediabetes will become type II diabetes.</p>

Lifestyle Changes that Reduce Blood Glucose			
<p> Eat small, frequent meals</p> <p><i>Reduces the rise in glucose after eating. Large meals “flood” your system and exacerbate symptoms.</i></p>	<p> Eat a high soluble fiber diet</p> <p><i>Slows the rate of the dumping of the stomach. Dumping a large amount of food at once causes a spike in glucose.</i></p>		
<p> Eat foods with low glycemic index</p> <p><i>Reduces the rate at which glucose rises after eating. Glycemic index becomes difficult to calculate when eating foods together.</i></p>	<p> Lose weight and exercise</p> <p><i>Weight loss causes fat cells to shrink, increasing the sensitivity of insulin receptors. Exercise facilitates insulin receptors to draw glucose into the muscle cells from the bloodstream.</i></p>		

*Note: Some diabetics may also require medical treatments such as an insulin pump (type I) or oral hypoglycemic drugs (type II). Talk to your doctor, who knows what courses of action are best for you based on your individual circumstances, before making any changes.