

Diabetes Cheat Sheet

UNIQUELY
Mike

Types 1 Diabetes		Type II diabetes	
Caused by the autoimmune destruction of beta-cells in pancreas Patient cannot produce insulin on their own Discovered in younger patients usually Prone to diabetic ketoacidosis (DKA)		Caused by insulin resistance and insufficient insulin secretion, increase hepatic glucose production Linked to obesity, inactivity, & family history Most common type Prone to nonketotic hyperosmolar state (NKHS)	
Pre-diabetes		Gestational diabetes	
Increased risk for DM Treatment: lifestyle changes and metformin Annual monitoring required & Tx of CVD risks are needed		Diabetes that develops during pregnancy BG goals are more stringent If mom is uncontrolled, can cause baby to be macrosomia (large) + risk of hypoglycemia at birth and T2DM Treatment: lifestyle modifications then insulin	
Symptoms		Drugs that affect blood glucose	
Hyperglycemia	Hypoglycemia	Cause Hyperglycemia	Cause Hypoglycemia
Polyuria Polyphagia Polydipsia Blurred vision Fatigue	Shakiness Irritability Hunger Headache, Dizziness Confusion, blurred vision Weak/Sleepy Sweating (diaphoresis) Rapid Heartbeat	Beta blockers Fluoroquinolones Steroids (systemic only) Statins diuretics Immunosuppressants (cyclosporine/ tacrolimus) Protease inhibitors 2nd generation anti-psychotics	Linezolid Lorcaserin (Belviq) Octreotide (hyper- too) Pentamidine Quinine Beta blockers Fluoroquinolones
Diagnosis Criteria	Diabetes		
Pre-Diabetes A1C (%)= 5.7-6.4	Polyuria, polydipsia, polyphagia A1C greater than or equal to 6.5		
Lifestyle Modifications			
1. Reduce weight, blood pressure, and cholesterol DASH Diet Cholesterol control: any patient with diabetes and ASCVD or ASCVD risk >20% should receive a high intensity statin Blood pressure control: a goal of BP of <130/80 mmHg is appropriate for patients with diabetes and ASCVD 2. Smoking cessation 3. Goal is to lose 1 lb a week for safe weight loss and moderate exercise 150 minutes a week 4. Annual eye and foot exam yearly daily foot exams by patient 5. Vaccines (Flu, Pneumovax 23, Hep-B)			

Diabetes Cheat Sheet

Toby Smithson, Alan L. Rubin



Diabetes Cheat Sheet:

Diabetes Meal Planning and Nutrition For Dummies Toby Smithson, Alan L. Rubin, 2013-10-09 Food awareness nutrition and meal planning advice for people with diabetes Diabetes Meal Planning and Nutrition For Dummies takes the mystery and the frustration out of healthy eating and managing diabetes Both the newly diagnosed and the experienced alike will learn what defines healthy eating for diabetes and its crucial role to long term health why healthy eating can be so difficult and how meal planning is a key to successful diabetes management Diabetes Meal Planning and Nutrition For Dummies takes the guesswork out of eating and preparing diabetes friendly foods You'll learn whether popular diets fit or don't fit into a healthy eating plan what to shop for how to eat healthy away from home which supplements you should consider and how to build perfect meals yourself To get you started this book includes a week's worth of diabetes friendly meals and fabulous recipes that demonstrate how delicious food and effective diabetes management can go hand in hand Includes helpful information for people with both type 1 and type 2 diabetes as well as exchange lists for diabetes Explains how your surroundings and your biology conspire to encourage unhealthy eating and how you can gain control by planning in advance Helps you to understand that fabulous nutritionally balanced food and diabetes management can go hand in hand If you or a loved one has been diagnosed with diabetes Diabetes Meal Planning and Nutrition For Dummies is packed with expert advice surprising insights and practical examples of meal plans coupled with sound nutritional advice *Diabetes For Canadians For Dummies* Ian Blumer, Alan L. Rubin, 2013-04-05 Get the facts on treating diabetes successfully and living a full and active life As Canada's ultimate diabetes resource this helpful guide returns with a new edition thoroughly revised and updated with the latest guidelines from the Canadian Diabetes Association along with new medical findings Offering you reassuring guidance for putting together a state of the art diabetes treatment program this friendly yet informative book walks you through all the advances in monitoring glucose the latest medications ways to juggle diabetes with daily commitments and how to develop a diet and exercise plan to stay healthy Packed with helpful advice Diabetes For Canadians For Dummies Third Edition explores the newest data about the diagnosis and treatment of people with diabetes including children and women during pregnancy The author duo puts their years of diabetes expertise to use by deciphering information from recent studies that provide new insights into how diabetes affects the body and walks you through the latest drugs used to treat this manageable disease Teaches you how to identify the symptoms that require urgent attention and how to subsequently treat the problem Reassures you of what to do during pregnancy to help ensure a healthy baby Shares advice for finding the right health care providers from your family physician to your diabetes nurse educator to your dietician and more Addresses concerns regarding driving with hypoglycemia Discusses the latest connection between the brain and diabetes and looks at new nutritional data from the latest version of Canada's Food Guide Diabetes For Canadians For Dummies Third Edition features new nutritional data facts on prediabetes and advice for prevention tactics all of which

provide you with an arsenal of information that will help you manage your diabetes confidently and wisely **Diabetes & Keeping Fit For Dummies** American Diabetes Association, Sheri R. Colberg, 2018-02-06 The fitness guide no person with diabetes should be without Nearly one in 11 people in the United States are affected by diabetes a staggering number with both personal and social costs If you're one of these millions of people with diabetes or prediabetes the American Diabetes Association recommends two types of physical activity as primary components of your self care aerobic exercise and strength training Featuring everything from a starter walking plan to strength and resistance training plans Diabetes Keeping Fit For Dummies offers all the guidance and step by step instruction you need to make exercise a priority in your diabetes management Exercise improves fitness increases insulin sensitivity maintains bone health helps in weight management and improves sleep patterns Who can't benefit from those things This informative down to earth guide shows you how to incorporate exercise into your routine even if you haven't been in a gym since high school Ease your way into more physical activity Set realistic goals and chart and evaluate your progress Modify your diet to manage diabetes more efficiently If you're affected by diabetes there's no time like the present to get moving Diabetes Cookbook For Dummies, UK Edition Alan L. Rubin, Sarah Brewer, 2011-03-31 Many of us at the best of times struggle for inspiration when it comes to cooking and that's without a medical condition that may affect our eating habits and require careful management The right diet is the foundation of a healthy lifestyle and all the more important for the successful management of diabetes Fully updated for a UK audience Diabetes Cookbook For Dummies will include the latest dietary recommendations and medical information on diabetes and its management Packed with over 100 delicious and easy to prepare recipes for everyday eating and entertaining alongside a brand new section on packing healthy lunches and picnics this book will help make mealtimes interesting and healthy The book also offers guidance on the glycaemic index nutritional information diabetic exchanges for each recipe and lifestyle advice to help readers take control of their condition and live life to the full Diabetes Cookbook For Dummies will feature Part I Thriving with Diabetes Living To Eat With Diabetes Eating To Live With Diabetes Planning Meals for Weight Loss Goals Eating What You Like Within Reason Stocking Up at the Supermarket Part II Healthy Recipes That Taste Great Enjoying the Benefits of Breakfast Starting Well Hors d'Oeuvres and First Courses Sipping Simply Divine Soups Taking a Leaf From the Salad Bar Being Full of Beans and Grains and Pasta Adding Veg to Your Meals Boning Up on Fish Cookery Flocking to Poultry Creating Balanced Meals with Meats Nibbling on Snacks Drooling Over Mouth Watering Desserts Part III Eating Away from Home Eating Out as a Nourishing Experience Packing a Picnic Lunch Part IV The Part of Tens Ten or So Simple Steps to Change Your Eating Habits Ten Easy Substitutions in Your Eating Plan Ten Strategies to Normalize Your Blood Glucose Ten Healthy Eating Habits for Children with Diabetes Part V Appendixes Appendix A Investing in Food Supplements for Optimum Health Appendix B Exchange Lists Appendix C A Glossary of Key Cooking Terms Appendix D Conversions of Weights Measures and Sugar Substitutes Appendix E Other Recipe Sources for People with Diabetes

Diabetes Cookbook For Dummies Alan L. Rubin, 2015-01-27 Discover how to eat a well balanced diabetic diet Diabetes Cookbook For Dummies gives you everything you need to create healthy and diabetic friendly meals In this revised and updated edition you ll discover how easy it is to manage diabetes through diet With tons of new recipes many of them vegetarian and the latest information on diabetes testing monitoring and maintenance this book will help guide you down a path to a healthier you With an anticipated price tag close to 3 4 billion annually by the year 2020 diabetes is one of the costliest health hazards in the U S If you re one of the 25 8 million Americans suffering from diabetes this hands on friendly guide arms you with the most up to date nutritional information and shows you how to start cooking and eating your way to better health Offers 100 new and revised diabetic recipes for every meal of the day Features changes in fat carbohydrate and protein recommendations that parallel the meal plan recommendations of the American Diabetes Association Covers how to make smart choices when eating out shopping for food and setting up a diabetic kitchen Introduces ways to involve diabetic children in meal planning and preparation If you re diabetic and want to learn how to make lifestyle changes that count Diabetes Cookbook For Dummies shows you how the food you eat can help treat prevent and manage diabetes Diabetes For Dummies Simon Poole, Amy Riolo, Alan L. Rubin, 2023-04-05 The book that s been helping people with diabetes live their best lives for 20 years Diabetes For Dummies is a trusted resource that guides those diagnosed with diabetes and pre diabetes and their caregivers towards optimal health This book helps you or those you love achieve the life you want while managing diabetes with lifestyle changes alternative therapies and the latest medications This fully updated edition helps you tackle your symptoms with the confidence that you re doing the latest stuff and following the newest advances in diabetes treatment Powerful lifestyle strategies new medications monitoring equipment nutritional guidelines delicious recipes and insulin delivery methods it s all in this friendly Dummies guide Understand the types of diabetes and learn about your diagnosis Learn the latest treatment options medications and evidence based therapies Manage your symptoms and live a full life with expert diet and lifestyle tips Answer your questions with this trusted compassionate guide now in its 6th edition Take control and understand how to improve or even prevent and reverse prediabetes and diabetes This book is an indispensable resource for those newly diagnosed with diabetes and prediabetes their loved ones and care givers as well as health care professionals who need an up to date reference on the latest in diabetes research **Diabetes Cookbook For Canadians For Dummies** Adrienne Ngai, 2025-09-17 Diabetes Cookbook For Canadians For Dummies 3rd Edition helps you manage your condition while eating well Inside you ll find easy to follow recipes for every meal to the point information from the latest Diabetes Canada Clinical Practice Guidelines and guidance on treatments and lifestyle changes that can help you be and feel better This updated edition features new information on plant based meat and dairy alternatives new and easy recipes and other key revisions that make this book a must Plus you ll find air fryer and Instant Pot recipes ideas for using all your cooking gadgets and handy guidelines that you can use to balance your diet Delicious nutritious diabetes friendly meals

are headed your way thanks to this Dummies guide *Diabetes Cookbook For Canadians For Dummies* Ian Blumer,Cynthia Payne,2015-02-03 Delicious recipes and expert cooking tips for diabetics Having diabetes doesn't mean having to abandon great food *Diabetes Cookbook For Canadians For Dummies Updated Edition* offers an abundance of delicious recipes that will help diabetics and prediabetics enjoy meals and manage their diabetes Based on the most recent edition of the Clinical Practice Guidelines for Diabetes Management this new cookbook includes over 100 additional recipes and updated coverage on the latest drugs for diabetes management and new guidelines for target blood glucose levels *Diabetes Cookbook For Dummies* offers valuable information for diabetics and anyone who cooks for diabetics The authors offer meal planning suggestions shopping tips and even plot out a month of diverse and unexpected menus including mouth watering full color photos of some of the delicious meals Learn to cook meals you love that will comply with proper diabetes management Expand your culinary range with new interpretations of traditional dishes Make managing your diabetes more enjoyable with exciting menu options Learn how to make meal planning and preparation part of your daily routine This updated cookbook a companion to the bestselling *Diabetes For Canadians For Dummies 3rd Edition* offers delicious and easy to prepare recipes that will help readers manage their diabetes **Diabetes For Dummies** Alan L. Rubin,1999-09-21 Diabetes is all about sugar And for the millions of people worldwide who live with one of the two forms of the disease diabetes also is all about understanding causes symptoms treatments and the importance of diet and exercise Among medical conditions few diseases have been shown to affect every part of the person Diabetes claims that reputation making knowledge the best medicine for thriving with not just surviving this common mind and body health challenge A diagnosis of diabetes may send shivers through the patient ripples that reach out to family friends associates acquaintances and folks who'll someday cross paths personally or professionally *Diabetes For Dummies* speaks to anyone who wants to know what the disease will mean in their own or someone else's experience from the first moment when the word darts out of the doctor's mouth through all the ups and downs of a long and satisfying life This down to earth compassionate guide gives you the nitty gritty on ways to Prevent and manage diabetes Choose the best treatment plan Find the right practitioner Build a support team Stick to an effective diet program Locate additional help online A healthy supply of knowledge and insight can help you face the facts of diabetes a major medical condition surrounded by myth and personal opinion some well founded and some well fabricated *Diabetes For Dummies* explores the real deal on Working through your initial reaction to a diagnosis of diabetes Knowing what whether you have type 1 or type 2 Battling short and long term complications Monitoring your glucose Managing the disease with diet and exercise Helping your child or parent handle his or her own diabetes Cooking up diabetes friendly meals with tasty recipes By following the rules of good diabetic care you actually can be healthier than people without diabetes who smoke overeat under exercise or combine these and other unhealthy habits This friendly resource will move beyond the bad news sensed at diagnosis to a good start at staying fit and feeling great [The Medicare Bible](#) Justin Brock,2022-08-26

Justin Brock assembled the Medicare Bible as the ultimate resource for the life and health insurance agent. This book contains Medicare Acronym and Enrollment Period cheat sheets, Sales scripts, Compensation Grids, Carrier cheat sheets, client resources, and sales aids, and so much more. Medicare is complicating, but the Medicare Bible can be an amazing guide in the field, office, or at home. Justin Brock and Bobby Brock Insurance have helped tens of thousands of Medicare beneficiaries. This book will show you how they did it.

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