



# HEALTHY AT 80

## WHAT IS DIABETES?

**If you or someone you know has diabetes, you're not alone. Millions of people have diabetes. Diabetes cannot yet be cured. But it can be managed.**

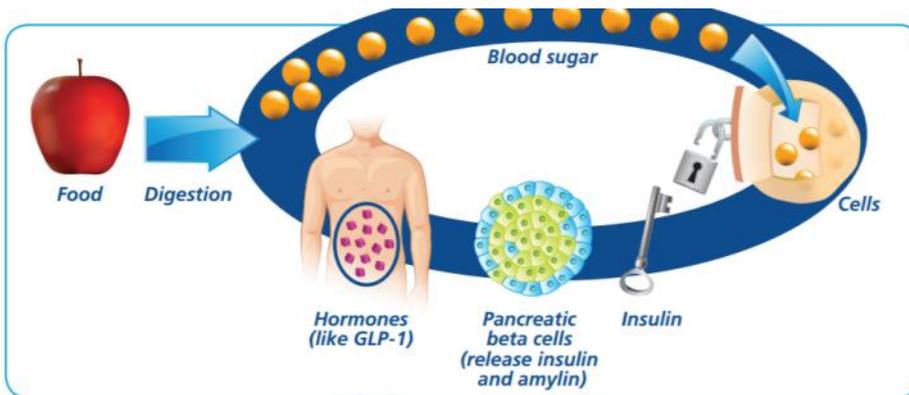
Diabetes is a condition in which the body doesn't make or use insulin correctly. The image below shows, in a simple way, what happens normally when you eat.

### In people without diabetes:

- ⇒ When you eat, some of your food is broken down into sugar (also called glucose). Sugar travels in your blood to all your body's cells. Your cells need sugar for energy. Sugar from food makes your blood sugar level go up.
- ⇒ In response to increased sugar, beta cells in the pancreas release a hormone called insulin. Insulin is like a key that unlocks the doors of your cells so that sugar can get into the cells, where it is used as a source of energy.
- ⇒ There are other hormones that play important roles in how the body uses sugar. For example, amylin and GLP-1 help reduce the amount of sugar made by the liver and slow the emptying of food from the stomach. Another hormone called glucagon tells the liver to release stored sugar if your blood sugar gets too low or if you have not eaten for many hours, such as overnight.

*Read on to learn what happens in people with diabetes*

[https://www.novomedlink.com/content/dam/novonordisk/novomedlink/resources/generaldocuments/WhatsDiabetes\\_EG.pdf](https://www.novomedlink.com/content/dam/novonordisk/novomedlink/resources/generaldocuments/WhatsDiabetes_EG.pdf)



Healthy at 80 is Community Health Centers of Greater Dayton's informational newsletter on healthy living, created with the goal of helping you stay healthy and thriving through 80 years old and beyond! To read more Healthy at 80 articles, please visit the archives on our website:  
[www.communityhealthdayton.org/healthyat80](http://www.communityhealthdayton.org/healthyat80)

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## WHAT HAPPENS IN DIABETES?

*In people with diabetes: Your pancreas makes little or no insulin, or your body prevents the insulin you do make from working right. This is called insulin resistance.*

### The most common types of diabetes are type 1 and type 2

#### Type 1

In **type 1 diabetes**, the body makes little or no insulin, due to an overactive autoimmune system. So people with type 1 diabetes must take insulin every day. Type 1 diabetes usually occurs in children and young adults, but it can also appear in older adults. (An autoimmune disease means that the body attacks its own cells by mistake.)

#### Type 2

In **type 2 diabetes**, your body prevents the insulin it does make from working right. Or it may not make enough insulin. Most people with diabetes have type 2. Some risk factors for this kind of diabetes include older age, being overweight or obese, family history, and having certain ethnic backgrounds.

- ⇒ **Blood Sugar:** Checking your blood sugar yourself can be an important part of a diabetes care plan. Checking often will tell you if your insulin or other diabetes medicine is working and how physical activity, the foods you eat, and stress affect your blood sugar.
- ⇒ You'll usually feel better and have more energy when your blood sugar stays at or near your goal. Managing your blood sugar can also reduce your risk of developing problems from diabetes.

<https://www.novomedlink.com/diabetes-patient-support/disease-education.html>

## KNOWING YOUR A1C

The A1C test measures your estimated average blood sugar level over the past 2 to 3 months. It's like a "memory" of your blood sugar levels. It shows how well you're controlling your blood sugar levels over time.

### Your A1C is made up of 2 other blood sugar measurements:

- \* **FPG** is your fasting plasma glucose. This is your blood sugar number when you have been fasting (not eating) for at least 8 hours
- \* **PPG** is your postprandial plasma glucose. This is your after-meal blood sugar level, which you check about 1 to 2 hours after you eat. It measures the blood sugar spikes that happen after you eat

Your A1C & your blood sugar levels go up & down together. Here is how A1C relates to the estimated average blood sugar level:

A1C levels	Average blood sugar
6%	126 mg/dL
7%	154 mg/dL
8%	183 mg/dL
9%	212 mg/dL
10%	240 mg/dL
11%	269 mg/dL
12%	298 mg/dL

Adapted from the American Diabetes Association. Standards of medical care in diabetes—2016. Diabetes Care. 2016;39(suppl 1):S1-S112

## WHAT IS PREDIABETES?

Prediabetes means that your blood sugar level is higher than normal but not yet high enough to be type 2 diabetes. Without lifestyle changes, people with prediabetes are very likely to progress to type 2 diabetes. If you have prediabetes, the long-term damage of diabetes — especially to your heart, blood vessels and kidneys — may already be starting.

There's good news, however. Progression from prediabetes to type 2 diabetes isn't inevitable. Eating healthy foods, incorporating physical activity in your daily routine & maintaining a healthy weight can help bring your blood sugar level back to normal.

See your health care provider if you're concerned about diabetes, & ask about blood glucose screening.

<https://www.mayoclinic.org/diseases-conditions/prediabetes/symptoms-causes/syc-20355278>

## NUTRITION BITES!

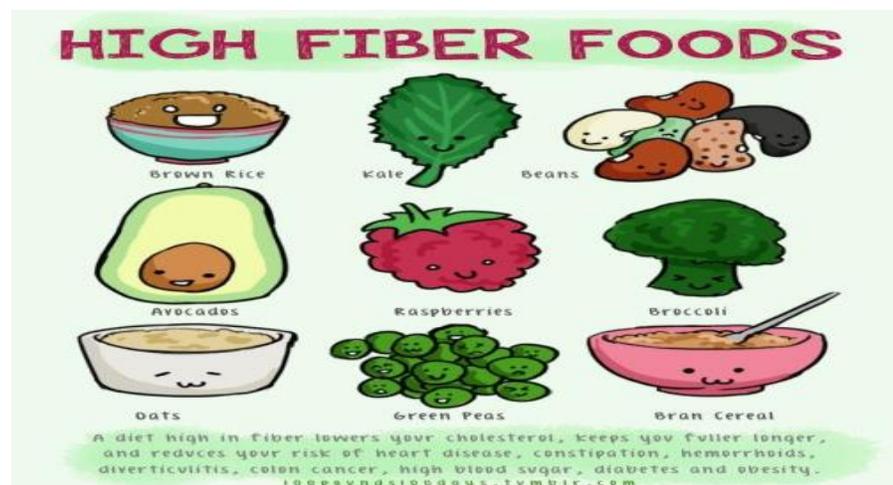
### Good Choices for Your Blood Sugar

Healthy lifestyle choices can help you bring your blood sugar level back to normal, or at least keep it from rising toward the levels seen in type 2 diabetes.

**To prevent prediabetes, prevent prediabetes from progressing to type 2 diabetes, or control type 2 diabetes, try to:**

- ⇒ **Eat healthy foods.** Choose foods low in fat and calories and high in fiber. Focus on fruits, vegetables and whole grains. Strive for variety to help you achieve your goals without compromising taste or nutrition.
- ⇒ **Be more active.** Aim for 30 to 60 minutes of moderate physical activity most days of the week.
- ⇒ **Stop smoking.**
- ⇒ **Take medications as directed by your health care provider.** If you're at high risk of diabetes, your doctor might recommend metformin. Medications to control cholesterol and high blood pressure might also be prescribed.
- ⇒ **Children with prediabetes** should undertake the lifestyle changes recommended for adults with type 2 diabetes, including losing weight, eating fewer refined carbohydrates and fats, and more fiber, and spending at least one hour every day in physical activity

<https://www.mayoclinic.org/diseases-conditions/prediabetes/diagnosis-treatment/drc-20355284>



# Delicious & Nutritious

## LEMON PUDDING CAKES

As this light dessert bakes, a cake layer will form on the top with a creamy pudding layer underneath.

- 2 eggs
- 1/4 teaspoon salt
- 3/4 cup sugar
- 1 cup skim milk
- 1/3 cup freshly squeezed lemon juice
- 3 tablespoons all-purpose flour
- 1 tablespoon finely grated lemon peel
- 1 tablespoon melted butter



- ⇒ Heat oven to 350 F. Coat 6 (6-ounce) custard cups with cooking spray.
- ⇒ Separate eggs and place whites in a mixing bowl; place egg yolks in a separate mixing bowl.
- ⇒ Using a stand mixer or electric mixer at high speed, beat egg whites and salt. Gradually add 1/4 cup of sugar; beat until sugar is completely dissolved and stiff peaks form.
- ⇒ Using a whisk, beat egg yolks and 1/2 cup of sugar until well-blended; add milk, lemon juice, flour, lemon peel and butter. Mix until smooth, about 2 to 3 minutes.
- ⇒ Using a rubber spatula, gently fold egg whites into egg yolk mixture until just combined.
- ⇒ Place 1/2 cup of the mixture into each custard cup. Set custard cups in a 13-by-9-inch baking pan; place in the oven. Fill baking pan with boiling water until water reaches halfway up the sides of the custard cups. Bake for 40 to 45 minutes until pudding tops are golden and firm. Remove from oven and baking pan and cool custard cups on a wire rack. eggs.

<https://www.mayoclinic.org/healthy-lifestyle/recipes/lemon-pudding-cakes/rcp-20197725>

## Community Health Centers of Greater Dayton

Give us a call to discuss your health with our caring doctors and nurse practitioners!

### Our Health Centers

#### Appointment Line:

**937-461-6869**

Hours: Mon-Fri 7:30am-5:30pm

#### Alex Central Health Center

5 South Alex Road Miamisburg, OH 45342  
Phone: 937-247-0304

#### Charles Drew Health Center

1323 West Third Street Dayton, OH 45402  
Phone: 937-461-4336

#### Corwin Nixon Health Center

2351 Stanley Avenue Dayton, OH 45404  
Phone: 937-228-0990

#### East Dayton Health Center

2132 East Third Street Dayton, OH 45403  
Phone: 937-528-6850

#### Southview Health Center

25 Thorpe Drive Dayton, OH 45420  
Phone: 937-258-6330

#### Victor Cassano Health Center

165 South Edwin C. Moses Blvd. Dayton, OH 45402  
Phone: 937-972-0303

### Dental Center

#### East Dayton Dental Center

2132 East Third Street Dayton, OH 45403  
Phone and Appointments: 937-528-6830

### Nutritional analysis per serving

Serving size: 1 cake

Calories	174	Sodium	124 mg
Total fat	4 g	Total carbohydrate	34 g
Saturated fat	2 g	Dietary fiber	2 g
Trans fat	0 g	Total sugars	28 g
Monounsaturated fat	1 g	Protein	4 g
Cholesterol	68 mg		

**Community Health Centers of Greater Dayton—Your Medical Home**