

# Instructor Information

These slides give information about misconceptions people may have about diabetes. The presentation is for people with or without diabetes.

Information in the “notes” section the speaker will use as a script contains basic information about diabetes, including signs, symptoms and risk factors for developing diabetes. The script also includes basic diabetes management information. **This presentation may, therefore, be used as a basic diabetes 101 presentation.**

There are no specific diabetes information that coordinates with this presentation. It is recommended that basic diabetes information be made available. Go to [www.dagc.org](http://www.dagc.org) under the “management” tab on the left side to download the following: *What is diabetes?; Testing Your Blood (Sugar); Diabetes and Food; Exercise*

**“Eating too much sugar  
can cause diabetes”**

**&**

**O**ther Myths About Diabetes

**A “survival skills” presentation  
developed by the  
Diabetes Association of Greater Cleveland**

Knowing the FACTS about diabetes is a survival skill! Today's presentation is designed to help you learn more about diabetes. We will also give you tips on how to tell if information you hear or read is really true.

“I have a touch of diabetes...”  
“I have a little touch of sugar...”  
“I’m borderline...”  
“I’m a little bit diabetic...”  
“I have a mild case of diabetes...”

These phrases are used by people to describe their diabetes. The FACT about diabetes is this...you either have diabetes or you don't. If you do have diabetes, keeping your blood sugar in good control will help you to live healthy with diabetes and avoid or delay the complications that can come with diabetes. (heart disease, stroke, eye or kidney disease, circulation problems)

You can tell if you have diabetes with a blood test. If your blood sugar is higher than normal, you have diabetes.

**For example**, if you have a fasting blood sugar test, which is a blood test done when you have not had anything to eat or drink for 8 hours, your blood sugar should be under 99 mg/dl. If it is over 126 mg/dl, you have diabetes.

If you have a blood test done when you have had something to eat, your blood sugar should be under 200 mg/dl. If it is over 200 mg/dl, you have diabetes.

# Diabetes skips generations

It is a **FACT** that diabetes does run in families, so if you have a blood relative with diabetes, your chances of getting it are higher. However, diabetes can develop in anyone at any time and does not skip generations.

Having a family member with diabetes is known as a risk for developing diabetes.

**Other risk factors include:**

Being over weight

Not being physically active

Being over the age of 45

Being a person of color

Having high blood pressure and or heart disease

**For women**

Having a baby that weighted over 9 pounds at birth

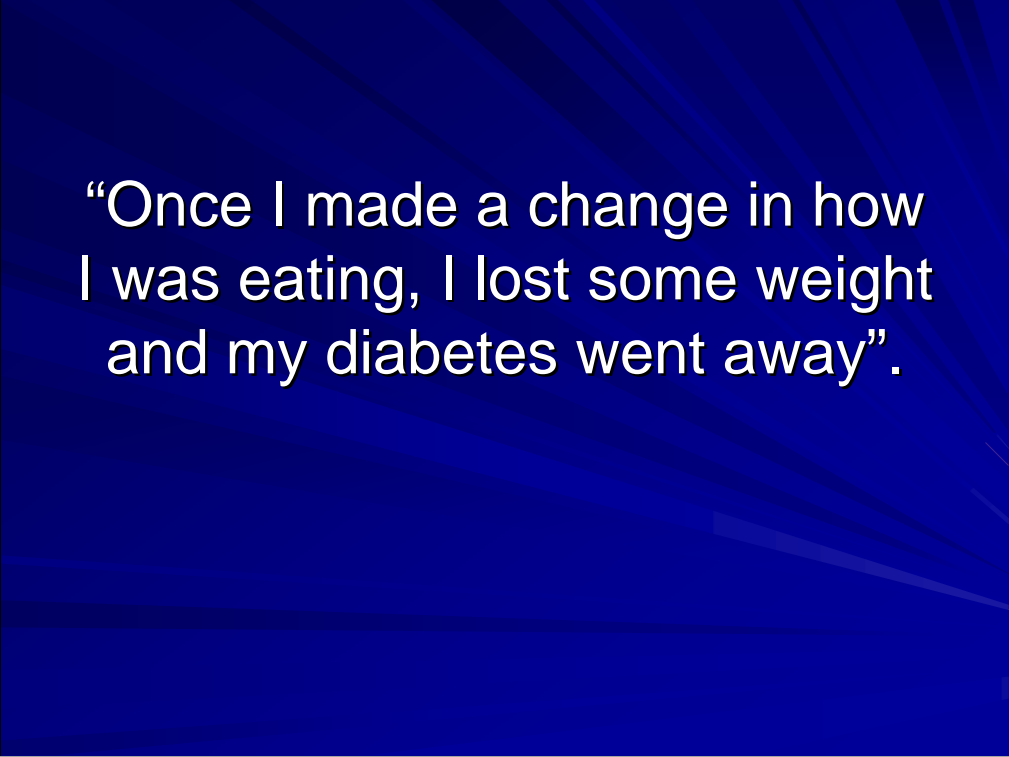
Having had diabetes when pregnant

# Insulin or diabetes pills are a cure for diabetes

Diabetes medicines, like insulin or pills, do not cure diabetes. There is no cure for diabetes. The diabetes medicines, along with exercise, healthy eating, and checking your blood sugar, will help keep your blood sugar levels under good control.

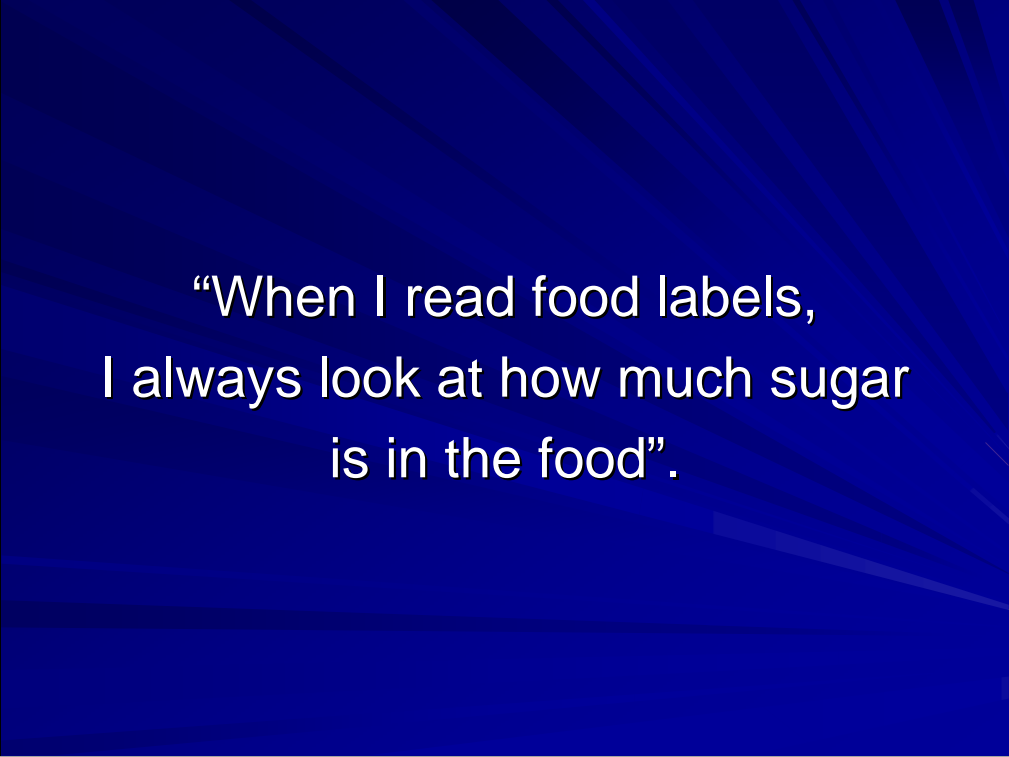
# Eating too much sugar causes diabetes

People who eat a lot of sugary foods are at risk for becoming overweight and being overweight is a risk factor for developing type 2 diabetes. However, the **FACT** is, eating too much sugar **does not** cause diabetes.



“Once I made a change in how I was eating, I lost some weight and my diabetes went away”.

Diabetes is a chronic illness. It never goes away and that is a **FACT**. In many cases, losing weight can help control your blood sugar level by keeping them in a normal range. When your blood sugar levels are in normal ranges, your diabetes is well controlled, but it has not gone away.

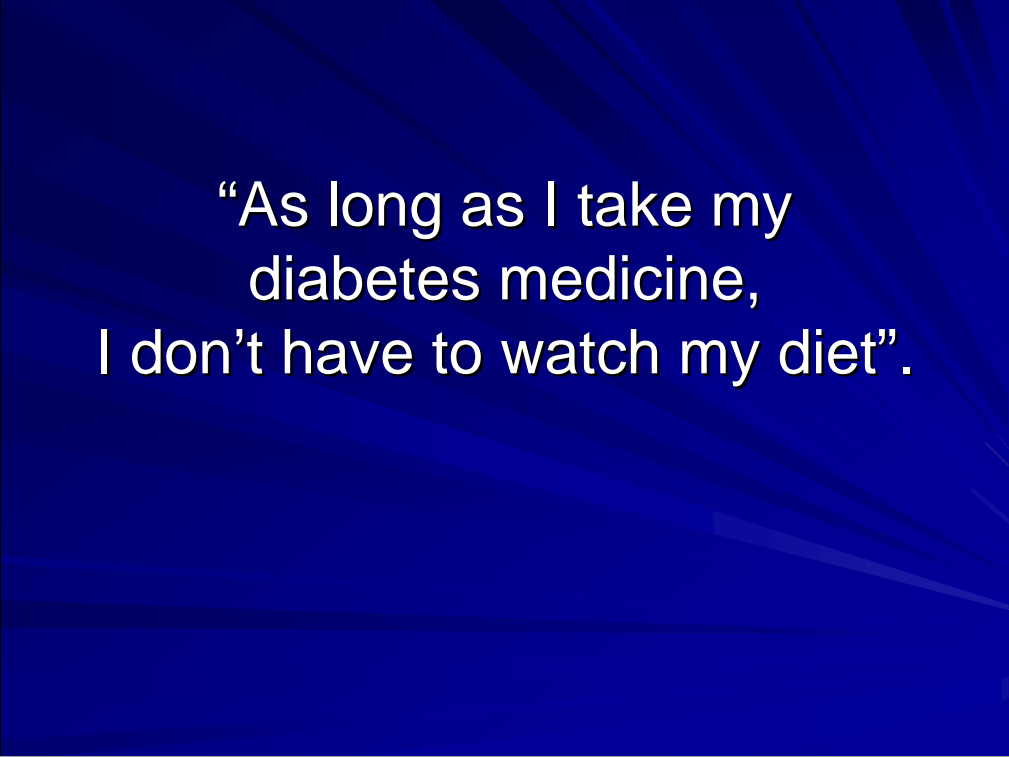


“When I read food labels,  
I always look at how much sugar  
is in the food”.

Sugar is a carbohydrate and all carbohydrates have an affect on your blood sugar level. Grains, starches, fruits, some vegetables, milk and yogurt are also carbohydrates and also have an affect on blood sugar.

When you look at a food label or other nutrition information, look at the amount of TOTAL CARBOHYDRATE instead of looking at the amount of sugar.

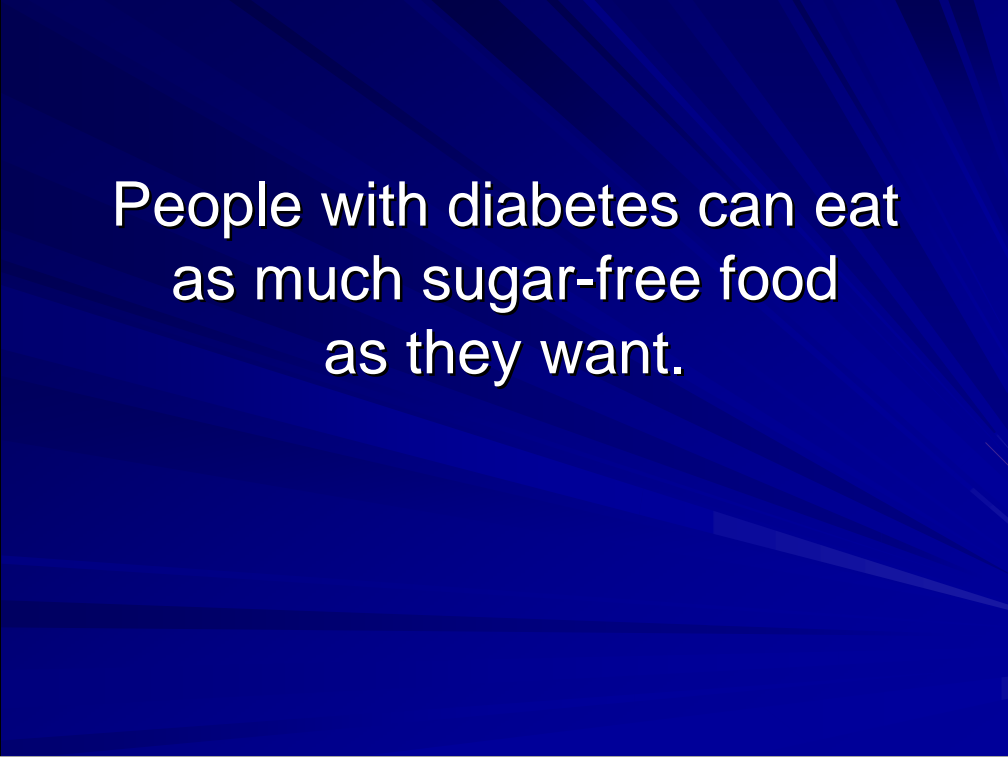
Looking only at the amount of sugar is like looking at half of the picture. When you look at TOTAL CARBOHYDRATE, you see the entire picture.



“As long as I take my  
diabetes medicine,  
I don’t have to watch my diet”.

Eating the right amount of food at regular meal times is an important part of managing your diabetes whether you take diabetes medicines or not.

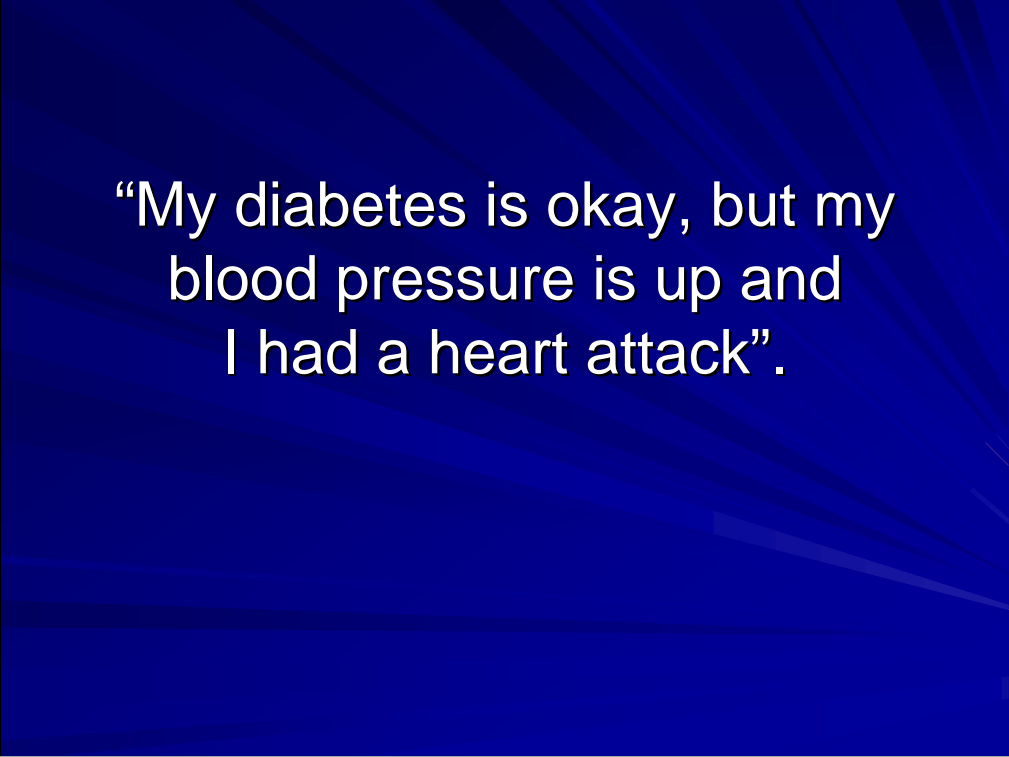
The **FACT** is this: medicines alone will not control your diabetes. Healthy eating, exercise, checking your blood sugar and taking diabetes medications (if you need them) work together to control diabetes.



People with diabetes can eat  
as much sugar-free food  
as they want.

Sugar free does not mean carbohydrate free. Any food or beverage that contains carbohydrate will have an effect on blood sugar levels.

Always read the Nutrition **FACTS** food label to see how much Total Carbohydrate is in the foods you are eating.



“My diabetes is okay, but my  
blood pressure is up and  
I had a heart attack”.

It is not uncommon for people with diabetes to also have high blood pressure and / or heart disease. These three illnesses tend to “run in the same pack”. If you have heart disease or high blood pressure, remember to take your medicines. Watching how much salt, fats and cholesterol you eat is also important.

Exercise is an important tool in helping to control blood pressure, cholesterol and your diabetes.

Keep blood pressure at or below 130/80 mmHg.

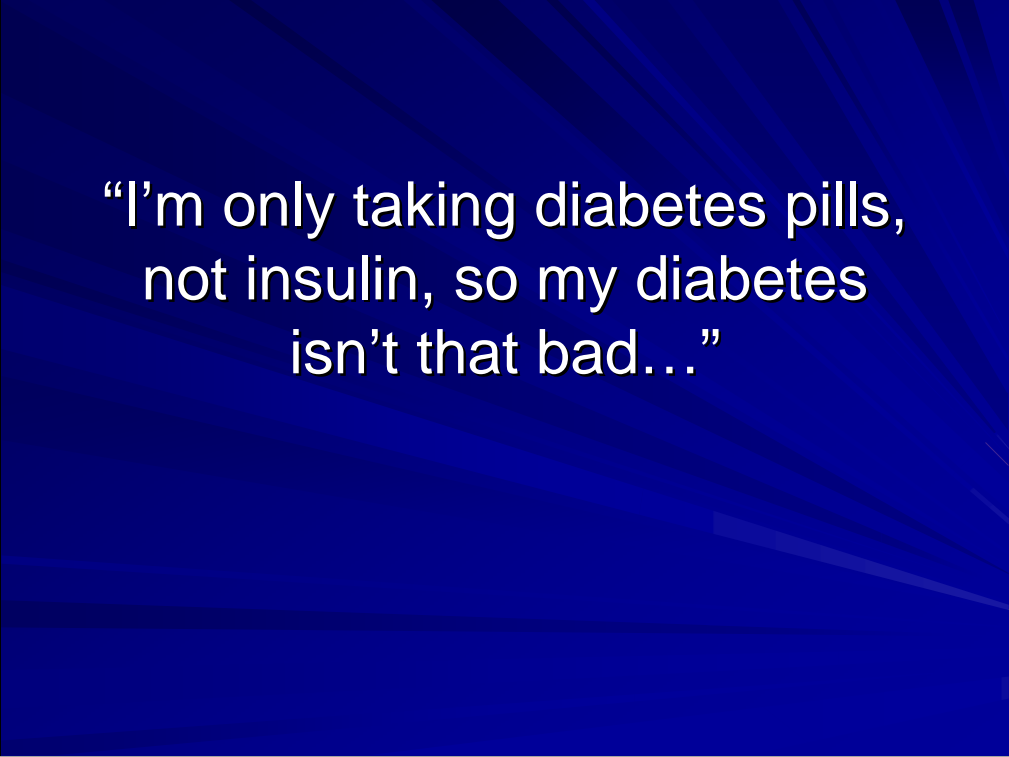
Total cholesterol should be 180 mg/dl or lower.

LDL should be 100 mg/dl. or lower

HDL should be 45 mg/dl or higher for men

55 mg/dl or higher for women

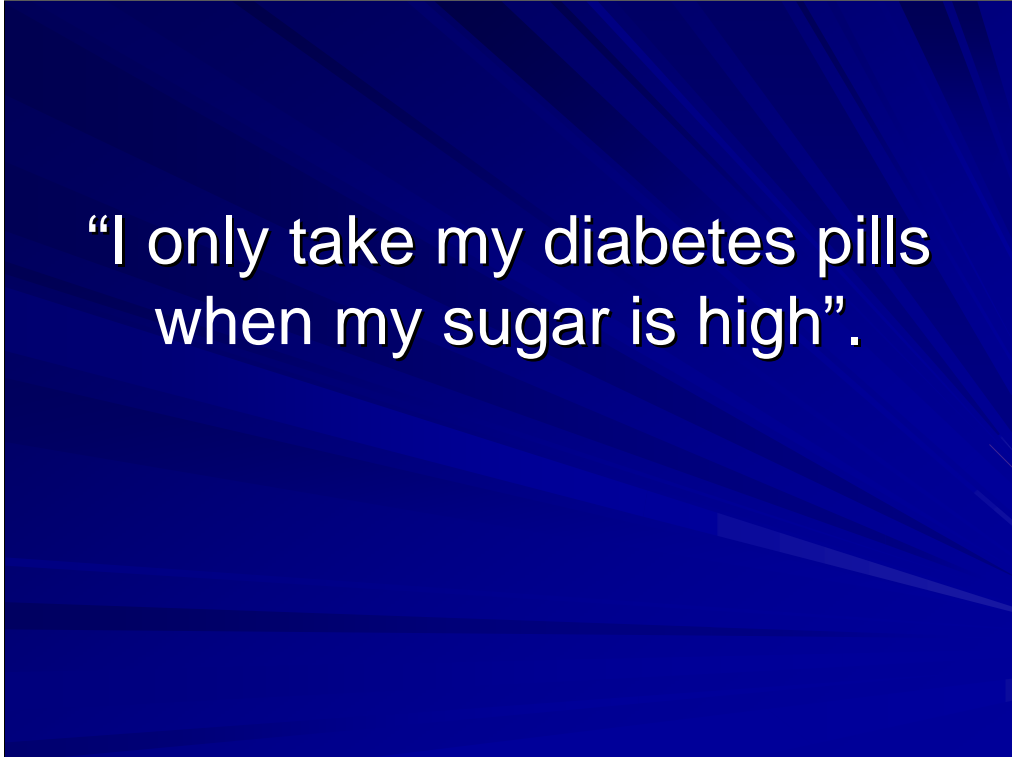
Triglycerides should be 150 mg/dl or lower



“I’m only taking diabetes pills,  
not insulin, so my diabetes  
isn’t that bad...”

Having to take insulin, or having to take 3-4 shots of insulin a day does not mean your diabetes is worse than another persons.

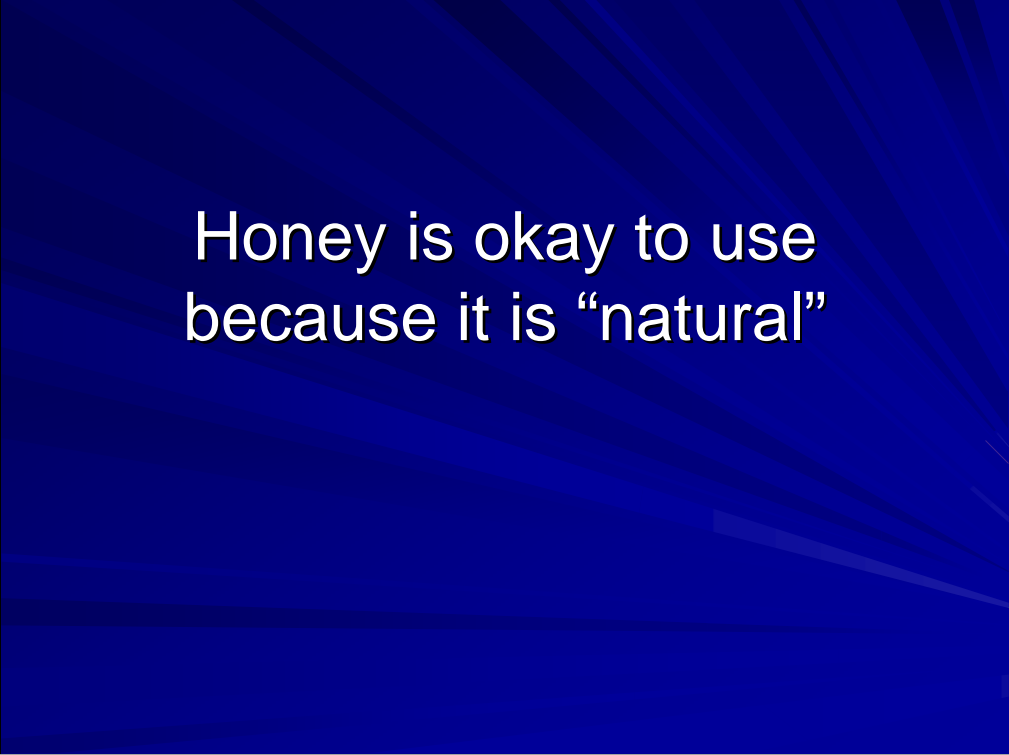
Here is the **FACT**: taking insulin means that this is the best way to control your diabetes.



“I only take my diabetes pills  
when my sugar is high”.

Diabetes medicines need to be taken as directed by your doctor.

If you take diabetes medicines only when you feel you need them (like taking an aspirin), they will not work well to control your diabetes.



Honey is okay to use  
because it is “natural”

Honey is a carbohydrate and will raise your blood sugar just as white sugar, brown sugar, molasses and other sweeteners do.

1 tablespoon of honey contains about 15 grams of carbohydrate. Honey can be used in your diet, but you need to work it into a meal plan.



“I’m feeling good but my feet tingle and burn”.

Pain, tingling or numbness in your feet or hands could be a symptom of diabetes.

**Other symptoms of diabetes include:**

Being very thirsty

Having to urinate a lot

Having wounds or infections that do not heal

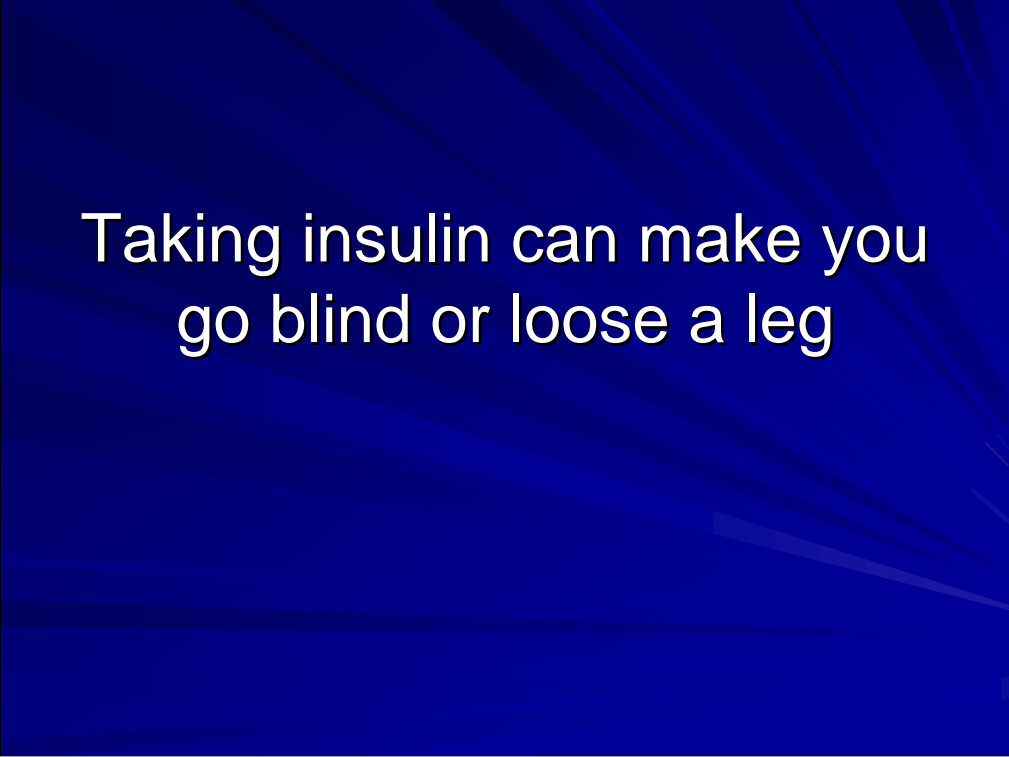
Having blurry vision

Loosing weight without trying

If you have diabetes, these sensations could be caused by a complication of diabetes called neuropathy.

Neuropathy causes your nerves to “misfire” when sending signals to the brain. That is why you may feel a burning sensation, or pain, tingling or numbness. Talk with your doctor about this and about medications that may help make these symptoms less noticeable or go away.

Keeping blood sugar levels in normal range can help to prevent or delay the development of this and other complications of diabetes...and that’s a **FACT!**



## Taking insulin can make you go blind or loose a leg

Taking insulin will not cause you to loose your eye sight or a limb.

The sad **FACT** is, there is a chance that these health issues had already started, that blood sugar levels had been high for a while, and that the insulin was started too late to prevent these complications from happening.

# Diabetes can be prevented

Yes, the **FACT** is that studies have shown that type 2 diabetes can be delayed or prevented from developing.

Healthy eating, exercise and maintaining a normal weight (lose weight if you can but do not gain weight!) can go a long way in helping to prevent or delay type 2 diabetes. This is why it is important for people who do not have diabetes or who are at risk for developing diabetes take good care of themselves now.

How do you know if what you  
hear or read is really true?

**Ask the audience how do they tell if information is true or not.**

The next few slides will give some clues on what to look for.

## Getting information from the Internet

For best internet sources, look for web addresses ending in:

.edu (education)

.gov (government)

.org (professional organization)

.com (everyone else)

### **How many of you use the internet to get diabetes information?**

Websites ending in “.edu, .gov, .org” are most reliable. Websites ending in “.com” can also be reliable but you are more likely to find misinformation there.

Remember, almost anyone can put anything on the internet. There are no rules overseeing the quality of information on the internet, so it’s okay to be skeptical when it comes to health information.

### **Website HOMEPAGE**

The home page of an internet site should tell who the sponsor is, how to contact the sponsor, who wrote the information and how current that information is.

Always find a second or third source to confirm information you may be considering.

# Beware of testimonials

Be skeptical of secret cures or  
miraculous results

Testimonials are information or advice given in the form of someone's story.

This information may not (probably is not!) based in science and could indicate the creator of the commercial or website has a financial interest in what is being promoted.

Remember, if it looks or sounds too good to be true, it probably is!

# How to tel if printed mateareal is ok

I cured my diabetes  
and you can cure yours too!

Let me show you how to cure your diabetes  
for as little as \$1.00 a day.

Call my hotline at 1-900-111-1111

(for \$5.00 / minute; you must be 18 or over)

or visit my website at [www.buymyproduct.com](http://www.buymyproduct.com).

Take a good look at this slide. Can you find some “problems”?

On this slide, it looks like the word “material” is spelled wrong...and it is! **Watch for poor grammar and/or misspelled words.** This is a BIG clue as to whether or not information is reliable.

Beware of testimonials or bigger-than-life claims like “I cured my diabetes and you can cure yours too” and “let me show you how to cure diabetes”. If it looks or sounds too good to be true, it probably is.

Asking for money (as little as \$1.00 a day) could indicate a financial interest.

Notice the small print! Make sure you read it.

Information should be from a reliable source such as a government organization, medical school, college or professional organization..

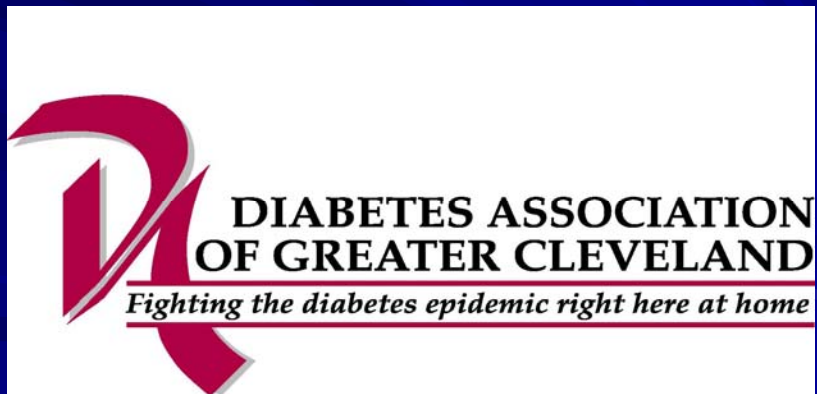
Always find a second or third source to confirm information you may be considering.



What questions do you have?

What questions do you have?

If you have questions or need help  
please call 216-591-0800.



This presentation was developed by and is the property of the Diabetes Association of Greater Cleveland (2010).

It may not be changed or altered without permission.