



General Information

Your blood sugar changes constantly, but normally stays between 65 mg/dl and less than 100 mg/dl. These changes can be affected by many things: your food, activity, medications, stress and illness. When you have Diabetes, your body's insulin is not working properly to keep your blood sugar in this normal range. If you have two fasting blood sugars over 126 mg/dl, you have diabetes. Other names for Diabetes are "high blood sugar" and "hyperglycemia." It is important to know there is no "borderline Diabetes" or "touch of sugar." People with Type 1 Diabetes must take insulin; people with type 2 Diabetes may or may not take insulin. Studies have proven that keeping blood sugars as close to normal as possible can prevent or delay long term problems from Diabetes. These problems affect your eyes, heart, nerves, feet and kidneys.

Major risk factors for developing Diabetes:

- Overweight
- Family history
- Advancing age
- History of gestational diabetes or baby birth weight over nine pounds
- Race or ethnicity

Warning symptoms of Diabetes:

- Increased urination
- Unusual fatigue
- Increased thirst
- Dry and itchy skin
- Dry mouth
- Frequent infections
- Change in vision
- Slow healing
- Increased hunger

Different people have different symptoms and some people have no symptoms at all. If you have Diabetes, your physician will refer you to a certified Diabetes Education team who will assist you in developing an individualized treatment plan.

Your treatment plan will include:

- Healthy nutrition
- Regular physical activity
- Diabetes medication, if needed
- Regular self – blood glucose monitoring

Your follow up care should include:

- Physician visit including a bare feet exam every three months
- A1c blood test every three months
- Dental visit every six months
- Eye exam by an ophthalmologist with pupil dilation every 12 months
- Urine test for microalbumin (kidney) every 12 months
- Lipid profile (cholesterol) every 12 months
- Blood test for creatinine every 12 months

Additional recommendations to maintain:

- Blood pressure no more than 130/80
- Cholesterol less than 200 mg/dl
- HDL above 40 for men; above 50 for women
- Triglyceride level less than 150 mg/dl
- Do not smoke

Where to get help:

Marymount Hospital's Diabetes Center offers comprehensive diabetes self-management education to help you maintain a healthy lifestyle. Our team consists of a certified diabetes nurse educator, a registered dietician and pharmacist.

We provide personal training on:

- Medication management
- Nutrition management and meal planning
- Physical activity
- Blood glucose monitoring
- Goal setting and problem solving
- Gestational management
- Renal disease management

Our Diabetes Center is fully accredited by the American Diabetes Association.

For more information or to schedule an appointment, please call 216.587.8246.

Hours

Monday – Friday, 8 a.m. – 4:30 p.m.

Location

Marymount Hospital
Medical Office Building #211
12300 McCracken Road
Garfield Heights, Ohio 44125

marymount.org