

## Treatment

Treating diabetes involves Lifestyle Changes and Medication Therapy.

### Lifestyle Changes

- Diet and Meal Planning
- Exercise
- Medication Management
- Monitor Blood Sugar Levels
- Understand importance of skin integrity and risk of infections
- Education on Nutritional facts and how to read labels
- Understanding of Dental status and knowledge of dental care

### Blood Glucose Guidelines

< 110 mg /dL before meal

< 140 mg / dL 2 hrs after start of meal

## Classification Types

Type 1 diabetes results from the body's failure to produce insulin, the hormone that "unlocks" the cells of the body, allowing glucose to enter and fuel them. It is estimated that 5-10% of Americans who are diagnosed with diabetes have type 1 diabetes.

Type 2 diabetes is the most common form of diabetes. In type 2 diabetes, either the body does not produce enough insulin or the cells ignore the insulin. Insulin is necessary for the body to be able to use glucose for energy. Over time, high blood glucose levels may hurt your eyes, kidneys, nerves or heart.



## Diabetic Management Program



LifeCare Solutions

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## About Our Company

LifeCare Solutions is a full service Medicare certified Home Health Agency serving Palm Beach County. We provide skilled nursing and therapy in your home, under the direction of your physician.

Our Diabetic Management Program has been developed to provide services in the home to treat your condition.

### Risk Factors

- Family History
- Ethnicity (Race)
- Birth and Early Childhood Conditions
- Environmental factors: Stress, Diet, Toxins
- Stress
- Autoimmune Conditions

## About Your Condition

Diabetes is a disease in which the body does not produce or properly use insulin. Insulin is a hormone that is needed to convert sugar, starches and other food into energy needed for daily life. The cause of diabetes continues to be a mystery, although both genetics and environmental factors such as obesity and lack of exercise appear to play roles.

There are 23.6 million children and adults in the United States, or 7.8% of the population, who have diabetes

There is no cure for diabetes except for leading a healthy lifestyle so that it may prolong one's life. After being diagnosed with diabetes, certain necessary changes must be incorporated in one's life starting with the type of diet.

## Program Goals

- Educate members and providers about diabetes management
- Increase adherence to clinical support tools and to the American Diabetes Association's clinical practice recommendations
- Promote an interactive approach to diabetes care by using action/goal plans and behavior modification techniques
- Improve patient's self-management skills for diabetes through education

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