



Type 2  
Diabetes  
Center™

## DIABASICS

### T2D: Diagnosis and Treatment

If you are living with T2D welcome to the club you didn't want to belong to. But you are here so understanding diagnosis and treatment is key to awareness and effective management.

#### Diagnosis:

There are currently four blood tests to **diagnose** T2D:

- 1. Glycated hemoglobin test.** Commonly known as the **A1C** test, this blood test measures the percentage of blood sugar attached to hemoglobin. Hemoglobin is the oxygen carrying protein within red blood cells. The higher the blood glucose, the more hemoglobin will have sugar attached. The A1C test indicates average blood sugar levels for the past three months.
- 2. Random blood sugar test:** A blood sugar level of 200 mg/dL (milligrams per deciliter of blood) or higher suggests diabetes. This blood sugar test does not require fasting. If your "at risk" test indicated high risk or you experience any symptoms of diabetes this can confirm that you have diabetes.
- 3. Fasting blood sugar test.** This blood sugar test differs from the random blood sugar test because it requires fasting overnight. A blood sugar reading of 126 mg/dL or higher on two separate tests indicates diabetes.
- 4. Oral glucose tolerance test.** This test measures blood sugar levels after overnight fasting. A curated sugary liquid must be taken beforehand. Then, blood sugar levels are tested over the following several hours. After two hours, a blood sugar level of more than 200 mg/dL indicates diabetes.

#### Treatment:

Several **treatment** options are available. The treatment option best suited to the individual patient is decided in consultation with your health care provider.

If a healthy diet and exercise do not effectively help manage T2D, certain medications may be prescribed by your health care provider.

1. **Metformin** lowers glucose production in the liver.
2. **Glipizide, glyburide and glimepiride** tell the pancreas to produce and release more insulin.
3. **Pioglitazone** stops the action of enzymes that break down carbohydrates or sensitize body tissues to insulin.
4. **Insulin therapy which** may be long, intermediate or short term acting. They may be used in concert with one another depending on the need. Insulin may be administered by a shot or insulin pen or an insulin pump. Some people with type 2 diabetes need insulin injections if they are unable to manage their blood sugar levels with lifestyle changes and drug treatment.

If you are living with T2D acknowledge the responsibility you have for managing your T2D. Recognize the importance of regular blood sugar monitoring so that levels stay in your target range. Understand how to respond to sudden changes in blood sugar. Changes can be the result of something you have eaten, alcohol consumption, level of physical activity, medication taken or even catching a cold. Changing levels of stress can also be a culprit. A woman's menstrual cycle can affect her blood sugar levels due to changes in hormonal levels.

Physicians may recommend weight loss surgery for certain patients. Post surgery a large percentage of diabetics have blood sugar levels within the normal range.

### Conclusion:

Life style changes may result in T2D remission. In these cases, you may be able to avoid medication or insulin therapy. Consider these tips:

1. Lose weight. Excess body fat can make the body's cells insulin resistant.
2. Exercise more. Walks or just keeping active every day for at least 30 minutes a day. If you can't commit to 30 minutes at once, opt for 3 10 minute spurts of activity.
3. Eat small meals. Eating smaller and more frequently will help better manage T2D.
4. Watch those refined starches and sugars. (See our article on reading labels.)
5. Avoid trans-fats. Go for EVOO and nut based oils.
6. Fish is your friend. Look for fish that are high in omega-3 fatty acids. Consider taking an omega 3 supplement.
7. Love your veggies. Dark green vegetables, radishes, eggplant. Use non salt seasonings to add flavor.
8. Stay engaged with your healthcare provider.
9. If you get off track, reset, reboot and start over.

Remember, the number 1 person responsible for your health is you!