

Doctors Direct Healthcare, Inc.

Myths about Diabetes

What you don't know may hurt you...

There are many myths about diabetes that make it difficult for people to believe some of the hard facts. Let's look at some of the common myths to see if they are fact worthy.



MYTH: People with diabetes should eat special diabetic foods.

FACTS: A healthy meal plan for people with diabetes is generally the same as a healthy diet for anyone-low in fat, moderate in salt and sugar, with meals based on whole grain foods, vegetables and fruit. Diabetic foods generally offer no special benefit, and are usually more expensive.

Special points of interest:

- Check your blood sugar daily
- Daily foot checks
- Get your flu shot
- Kidneys checked yearly
- Don't forget your yearly well visits
- Dilated eye exam yearly
- Check your A1c twice a year
- Lipid panel checked twice a year

MYTH: Eating too much sugar caused diabetes

FACT: No, it does not. Type 1 is caused by genetics that trigger the onset of the disease. Being overweight does increase your risk for type II diabetes, and a diet high in calories, whether from sugar or from fat, can contribute to weight gain.

MYTH: People with diabetes are more likely to get colds

FACTS: Diabetics are no more likely to get a cold. However, people with diabetes are advised to get flu shots. Any illness, like the flu, can make diabetes more difficult to control and serious complications can develop.

MYTH: You can catch diabetes from someone else

FACTS: Although we don't know exactly why some people develop diabetes, we know diabetes is not contagious. It can't be caught like a cold or flu. A genetic link in diabetes and lifestyle factors also play a part.

MYTH: Diabetes is not that serious of a disease

FACTS: Diabetes causes more deaths a year than breast cancer and AIDs combined.

Questions?

Please call us at 1.877.503.0388 Ext. 1 ask for Debbie, Kim, Aileen, or Stacie.

Please visit our website!

www.doctorsdirecthealthcare.net Click on the members log in, use your username and password and join our Spark Team.

Remember you can be too sweet !!