

# Tips that Count

Wellness information for your journey to a healthier you!

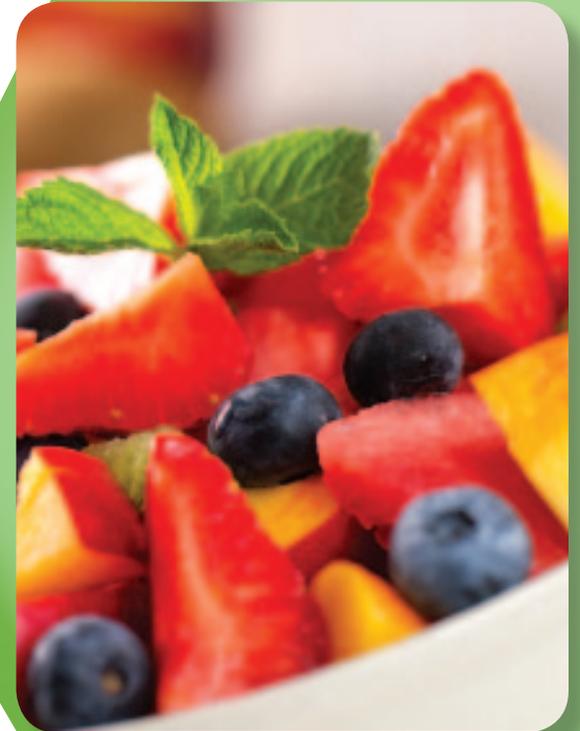
## Diabetes Myths Dispelled – Part I

**People with diabetes should not eat fruit.** People with diabetes should eat fresh fruit several times a day as part of a balanced, healthy, nutrition plan. However, watch your portion size; do not fill up on fruit at one sitting. Do not drink fruit juices that contain added sugar or are especially sweet, such as apple juice.

**All people with diabetes should eat a bedtime snack.** Only those on certain insulin regimens need to eat a bedtime snack, usually if you tend to develop low blood glucose overnight. Ask your doctor whether you are one of those individuals.

**Pills for diabetes are oral insulin.** Pills work in different ways to help control your blood sugar, but they are not insulin.

**People with diabetes should never eat sugared foods.** People with diabetes can eat sugared foods, but with care and in moderation.



All information is intended for your general knowledge only and is not a substitute for medical advice or treatment for specific medical conditions. You should seek prompt medical care for any specific health issues and consult your physician before starting a new fitness regimen.

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## Diabetes Myths Dispelled – Part 2

**Once a person with type 2 diabetes starts taking insulin, he or she can never stop.** While some people are started on insulin when they are first diagnosed with diabetes, they may not need insulin after they have brought their diabetes under control, or if they lose weight. Others who are started on insulin after having had diabetes for a long time might not need it if they improve their body weight. But the important thing is whether you are doing what you can to control your diabetes and avoid complications like eye, nerve or kidney problems. If it takes insulin to control your diabetes, use it.

**All people with diabetes should soak their feet every day.** This used to be a common practice, but soaking your feet every day is not a good idea because it could lead to cracked, dry skin. **DO** check your feet every day to make sure there are no cuts or infections on the bottoms of your feet or between your toes.

**Insulin causes impotence and blindness.** Absolutely not. The diabetes itself, if it goes uncontrolled for many years, can lead to erectile dysfunction (impotence) or blindness due to damage to nerves and blood vessels caused by high glucose. If insulin is needed to control your diabetes, use it in order to avoid long-term complications such as these.



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