



If you're having trouble controlling your blood glucose levels ...

Many factors can affect your blood glucose levels – what you eat and drink, your weight, your stress levels, how much exercise you're getting, and the medications you're taking. So if you have diabetes and you're finding it hard to achieve 'tight control' of your blood glucose levels, we cannot stress strongly enough how important it is to seek help. Treating diabetes really is a team effort. Ideally, on your team there will be a doctor (and possibly an endocrinologist or specialist physician), a diabetes educator, a dietitian, a podiatrist, an exercise specialist, an eye doctor and a dentist. There may also be a counsellor (psychologist or psychiatrist) to help you cope with living with a chronic disease. Working with a healthcare team like this is the best way you can avoid the serious complications that diabetes can cause. That's the clear message from numerous studies of people with diabetes in recent years.

The most important member of your team is you, and knowledge is your best defence. Only you can make sure you know as much as possible about your diabetes and only you can act on the advice you are given.

Common questions

Does sugar cause diabetes?

No. There is absolute consensus that sugar in food does not cause diabetes.

Type 1 diabetes (insulin-dependent diabetes) is an autoimmune condition triggered by unknown environmental factors, such as viruses. Type 2 diabetes (non-insulin-dependent diabetes) is strongly inherited, but lifestyle factors, such as lack of exercise and being overweight, increase the risk of developing it. In the past, when the dietary treatment of diabetes involved strict avoidance of sugar, many people wrongly believed that sugar was in some way implicated as a cause of the disease. While sugar is off the hook, high GI foods are not. Population studies have shown that high GI diets increase the risk of developing both type 2 diabetes and gestational diabetes (diabetes during pregnancy).

From the Australian creators of the international best-selling
NEW GLUCOSE revolution series – Over 3.5 million copies in print

SUITABLE FOR PRE-DIABETES, TYPE 1 DIABETES, TYPE 2 DIABETES AND GESTATIONAL DIABETES

- reduce your risk of developing diabetes
- what you need to eat and do
- keep your blood glucose levels, blood pressure and blood fats under control
- comprehensive GI tables



the diabetes & pre-diabetes handbook

The Definitive Guide to Managing Diabetes and Pre-diabetes Using the Glycemic Index



updated edition

Prof Jennie Brand-Miller • Kaye Foster-Powell
THE WORLD'S FOREMOST AUTHORITIES ON THE GLYCEMIC INDEX
Prof Stephen Colagiuri • Dr Alan Barclay

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Knowing why and how to look after yourself is very important, and once you are informed, you can enlighten other people about the modern management of diabetes.

Doesn't sugar cause diabetes?

No. There is absolute consensus that sugar in food does not cause diabetes. Because the dietary treatment of diabetes in the past involved strict avoidance of sugar, many people wrongly believed that sugar was in some way implicated as a cause of the disease. While sugar is off the hook as a cause of diabetes, high GI foods are not. Studies from Harvard University indicate that high GI diets increase the risk of developing both diabetes and heart disease.

What nonsense! These are
scientists? There has always been
plenty of evidence in that direction.
For starters, see Chapter 6 in
"Good Calories, Bad Calories" by
Gary Taubes.

There is "absolute consensus",
yet debate rages all around!

Who are these "scientists"?
And what are their links to
the sugar industry?

Regards,

Rory