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## What is it Diabetes?

The body's blood glucose, or blood sugar is too high. The pancreas makes a hormone called insulin, which helps the glucose from food get into the cells. Individuals with diabetes either do not make insulin, or the insulin does not work the way it should.

The glucose stays in the blood instead and can lead to diabetes or pre-diabetes. Type I diabetes is Insulin dependent; whereas Type II is non-insulin dependent and can be controlled through diet and exercise.

The athletic training staff is here to help manage diabetes on daily basis, in addition help with emergency situations as well.

We are happy to work with you, your family, and your physician to help you perform safely.



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New Trier Township High School

*TO COMMIT MINDS TO INQUIRY, HEARTS  
TO COMPASSION, AND LIVES TO THE  
SERVICE OF HUMANITY*

## DIABETES AND ATHLETICS



TEL: 847.784.2297

## EAT RIGHT!

- Know serving sizes
- Eat less fat (stay away from saturated and trans-fat such as:

- o Fatty meats
- o Fried foods
- o Whole milk
- o Cakes, candies

- Eat more:

- o Fiber: whole grains
- o Vegetables (dark greens and orange)
- o Fruit (fresh, frozen, dried fruits)



## BE ACTIVE/STAY ACTIVE!

Physical activity can help control weight, blood glucose, and lower “bad” cholesterol. It can also lower risks for cardiovascular problems and heart disease.

- Check blood glucose and bring snacks/ glucose tablets to practice/games.

## Risk Factors

- Type II: older age, obesity, family history, poor diet
- Type I: autoimmune, genetic, environmental Other risk factors: high blood pressure > 140/90 Abnormal cholesterol: If “good” (HDL) is lower than 35 or “bad” (LDL) higher than 250

## Characteristic

## Signs

**Hyperglycemia:** excess glucose in blood, in which it cannot enter cells

- **Glucosuria:** glucose (sugar) in the urine; inability of kidneys to reabsorb
- **Polyuria:** excretion of large volume of urine
- Fruity odor to breath:
- More infections (especially in toes)
- Vision changes
- Excessive thirst