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11.15.2019

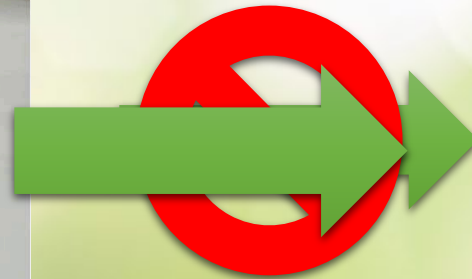
# Today's Topics

- 3 Greatest Myths About Diabetes
  - Being fat causes diabetes
  - Diet and exercise are the most important parts of lifestyle
  - Once diagnosed, you have to take diabetes medications for the rest of your life
- Who Should Get Screened
- Where To Get Screened
- Q&A

# Myth #1: *Being Fat Causes Diabetes*



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**INSULIN  
RESISTANCE**



HIGH WAIST CIRCUMFERENCE  
PREDIABETES & DIABETES  
HIGH BLOOD PRESSURE  
ABNORMAL CHOLESTEROL LEVELS

Myth #2:  
*Diet and exercise are the most important  
parts of lifestyle*

# Causes of Insulin Resistance

**Chronic Stress  
& Sleep  
Deprivation**



**INSULIN  
RESISTANCE**

Myth #3:

*Once diagnosed, you have to take  
diabetes medication for the rest of your  
life*



# How To Reverse Type 2 Diabetes

## Sleep

- ✓ Get screened for sleep apnea
- ✓ Aim for at least 8 hours of sleep each night
- ✓ Aim for a consistent bedtime

## Stress Mgmt

- ✓ Identify which stressors can be changed and which can't
- ✓ Create time & space for yourself

## Nutrition

- ✓ Meals should be mostly vegetables, protein, and healthy fats
- ✓ Avoid sugar-sweetened beverages
- ✓ Limit processed carbs and sugar

## Activity

- ✓ Find physical activity that brings you joy
- ✓ Walk after meals
- ✓ Interval training

# Who Should Get Screened

- Known prediabetes
- Age 45 years or older
- Family member with type 2 diabetes
- History of gestational diabetes or had baby greater than 9 lbs
- Physically active less than 3 times/week
- Overweight with majority of weight carried around midsection

# Know Your Numbers

- Fasting Blood Glucose
  - Normal < 100 mg/dL
  - Prediabetic 100-125 mg/dL
  - Diabetic  $\geq$  126 mg/dL
- Hemoglobin A1c (HbA1c)
  - Normal < 5.7%
  - Prediabetic 5.7-6.4%
  - Diabetic  $\geq$  6.5%

# Get Screened at our Health & Wellness Centers!

Visalia: <https://www.elitecorpmed.com/unitedag/>

Santa Maria: <https://www.elitecorpmed.com/santamaria/>

Selma: <https://www.elitecorpmed.com/selma/>

Salinas: <https://www.elitecorpmed.com/uas/>

Napa/Colusa: <https://www.elitecorpmed.com/napa-colusa/>

Click the link above to schedule an appointment at your nearest Health & Wellness Center or call (855) 733-7772

# Thank You! Questions?

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