

The Importance of Diabetes Education: What Should You Know?

Let's start with the basics.

What is Diabetes?

Diabetes Mellitus is a metabolic disease in which the body's inability to produce any or enough insulin causes elevated levels of glucose in the blood.

What is Insulin?

Insulin is a hormone produced by the pancreas that is needed to allow glucose (sugar) to enter cells to produce energy.

What's the difference between Type 1 and Type 2 Diabetes?

Type 1 Diabetes is a chronic (persisting for a long time or constantly recurring) condition in which the pancreas produces little or no insulin.

Type 2 Diabetes is a long term metabolic disorder that is characterized by high blood sugar, insulin resistance, and relative lack of insulin. It develops over time.

What is Insulin Resistance? (or Metabolic Syndrome)

Insulin Resistance occurs when your muscle, fat, and liver cells don't respond properly to your body's insulin. Because of this, your body will produce extra insulin in order to help your cells turn glucose (sugar) into energy. Over time, Insulin Resistance can lead to Prediabetes or Type 2 Diabetes because your body cannot keep up with the demand for extra insulin. Without enough insulin, excess glucose (sugar) can build up in your bloodstream.

We offer FREE Diabetes Education classes right in our offices for your convenience!

-Dr. Moosa



If you or someone you know is interested in attending one of our **Free Diabetes Education** classes, please let any of our staff know!

November dates:

Monroe office:
November 17
4:00 - 6:00pm

Toledo office:
November 15
5:30 - 6:30pm

What are the risks of having high blood sugars?

Hyperglycemia (or high blood sugar), particularly over a prolonged period of time, can damage the vessels that supply blood to vital organs, which can increase your risk of heart disease, stroke, kidney disease, vision problems, and nerve problems.

Join us in welcoming our new Physician's Assistant, Alison!



Alison Fleig, PA-C

Alison completed her Bachelors in Science degree in biology from Saint Mary's College where she enjoyed playing club volleyball and cheering on the Notre Dame Fighting Irish. She went on to complete her Masters in Physician Assistant studies at Nova Southeastern University in Fort Myers, FL where she graduated with highest honors. While working in family medicine she felt a strong interest in metabolism and endocrinology. She is dedicated to excellent and personable patient care.

Our Nurse Practitioner Jackie has been off on maternity leave and is returning this month. Welcome back Jackie! We've missed you!

NOVEMBER
National
DIABETES
AWARENESS
MONTH