



BACKGROUND: Your body turns most the food you eat into sugar and releases it into the bloodstream. When blood sugar goes up, the pancreas releases insulin allowing the blood sugar into your body's cells for energy. With diabetes, the body can't make enough insulin leaving too much blood sugar in the bloodstream which can cause serious health problems. Chronic diabetes conditions include: Type 1, when the body is no longer producing insulin and Type 2, when the body doesn't use insulin properly. While Type 2 can be managed by exercise and a proper diet, Type 1 will require insulin to control it. Symptoms of both can include feeling thirsty more often, urinating more, Ketones in urine, losing weight, tired or weak, blurry vision, slow healing and increased infections. Approximately 5-10% of people with diabetes have Type 1 and 90-95% have Type 2. Long-term complications from Type 1 and Type 2 diabetes can include: heart and blood vessel disease; nerve, kidney, eye or foot damage, skin and mouth conditions, hearing problems, Alzheimer's and depression. Possible reversible diabetes conditions include: prediabetes, where blood sugar levels are higher than normal but not high enough to be diagnosed as diabetes and gestational diabetes which can happen during pregnancy and may go away after birth.

(Source: <https://www.mayoclinic.org/diseases-conditions/diabetes/symptoms-causes/syc-20371444> and [https://www.cdc.gov/diabetes/basics/diabetes.html#:~:text=Diabetes%20is%20a%20chronic%20\(long,your%20pancreas%20to%20release%20insulin\)](https://www.cdc.gov/diabetes/basics/diabetes.html#:~:text=Diabetes%20is%20a%20chronic%20(long,your%20pancreas%20to%20release%20insulin)))

MANAGING BLOOD SUGAR: To avoid serious health problems such as heart disease, kidney disease and vision loss, it's important to keep your blood sugar levels on target around 80 to 130 mg/dL before a meal and less than 180 mg/dL two hours after the start of a meal. These targets could differ depending on your age, health problems or other factors. You should typically check your levels when you first wake, before a meal, two hours after a meal and at bedtime or more often if recommended by your doctor. You may also want to check it before getting behind the wheel. Low blood sugar, 70 mg/dL or below, can be caused by too much exercise, drinking alcohol, skipping a meal, too much insulin or taking other diabetic medications. It can cause shaking, nervousness, irritability, sweating, dizziness and hunger. If you have symptoms check your blood sugar level and if it's below 70 mg/dL, do one of the following immediately: take four glucose tablets, four ounces of fruit juice or regular soda (not diet) or eat four pieces of candy. High blood sugar can be caused by stress, being sick, overeating or not taking enough insulin and can lead to long-term health problems. Symptoms include: feeling tired, thirsty, having blurry vision or needing to urinate more often. If you're ill and your blood sugar level is 240 mg/dL or higher, take an over-the-counter ketone test and contact your doctor immediately if it is high. This can be an early sign of diabetic ketoacidosis which is a medical emergency.

(Source: <https://www.cdc.gov/diabetes/managing/manage-blood-sugar.html>)

NEW RESEARCH FOR TYPE 2 DIABETES: A new study from Twin Health shows remission may be possible for individuals with Type 2 diabetes. This new approach integrates multiple data such as glucose and blood pressure values, food intake, weight and body fat data and heart rate, activity and sleep time from a fitness tracker to provide the patient with individualized nutrition and health guidance. "The four most critical sensors are the continuous glucose monitor, the fitness tracker, the smart scale, and the blood pressure cuff", Lisa Shah, MD, Chief Medical Officer, Twin Health explained. The program is not a diet and does not restrict calories. Patients eat what they like, and an algorithm makes mini adjustments to improve nutrition. Among the 199 patients with Type 2 diabetes in India who received the app-delivered lifestyle guidance, "An "unprecedented" 84% of patients had remission of diabetes at 6 months, Dr. Paramesh Shamanna, medical director at Twin Health, noted. However, remission is not a cure because it could come back if the patient does not follow the lifestyle guidance. The company has started a clinical trial in the U.S. with 5-year results expected in 2027.

(Source: <https://getnom.net/remission-is-possible-for-patients-with-type-2-diabetes.html>)

✉ **For More Information, Contact:**

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