

DIABETES

What exactly is Diabetes?

Type 2 Diabetes is high levels of sugar in the blood from progressive loss of insulin secretion from the pancreas and insulin resistance. Most people do not have symptoms. The usual symptoms are frequent urination, increased thirst, increased nighttime urination, blurred vision and weight loss.

Diabetes is diagnosed with a fasting blood sugar over 126 or an A1c (3 month blood sugar average) of 6.5 percent or higher.

Prediabetes

Prediabetes means that one is at high risk for diabetes and is showing signs of insulin resistance. This is diagnosed with similar tests and people will have a fasting glucose of 110 to 125 or an A1c of 5.7-6.4.

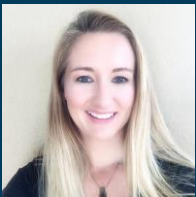
There are certain factors that increase your risk of insulin resistance. Some of these include being overweight, family history of diabetes, history of gestational diabetes, diet high in sugars, sedentary lifestyle and smoking.

Type 2 Diabetes

Once you are diagnosed making activity changes and diet changes are important. Watching the amount of carbs and sugars in your diet and increasing activity will help you keep your blood sugar lower. Studies have also shown Cinnamon supplements can help lower blood sugar.

If these changes are not enough or your numbers are very elevated medications are started to help bring the blood sugar levels down. There are oral medications, noninsulin injections and insulin injections. The A1c is monitored to make sure the medications are working well, and the medications can be adjusted as needed.

If you have not had a fasting glucose or an A1c you can have one ordered here at the clinic and they are covered by your corporate account. We can also do follow-ups for any elevated levels seen on your Biometric screen.



**Ozaukee County Employer
Clinic located inside Aurora
Port Washington Clinic
1475 W. Grand Ave**

Elizabeth Merry, FNP-BC • Nurse Practitioner

Clinic Hours of Operation

Monday 9am-5pm

Tuesday & Thursday 9am-3pm

Wednesday 7:30am-5pm

Friday 9am—4:30pm

Call us to make an in person or virtual appt at:

262-268-6610 or 262-268-6603

Please note, standard Aurora COVID-19 protocols are in place.

 **Aurora Health Care**

We are  AdvocateAuroraHealth

Who can be seen? Health Plan participants over 2 years old may use the County Employee Health Center