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Diabetes – Can it be cured?

According to the Canadian Diabetes Association, more than 9 million Canadians live with diabetes or prediabetes.

“Approximately 10% of people with diabetes have type 1 diabetes. The number of people with type 2 diabetes is increasing dramatically due to a number of factors:

- The population is aging.
- Obesity rates are rising.
- Canadian lifestyles are increasingly sedentary.”

Can Type 2 Diabetes be cured?

New evidence of partial and even complete remission has emerged. Obviously, preventing diabetes in the first place would be best, but this is promising news for those with this condition, long thought-of as progressive and incurable. The successful study participants, who averaged having diabetes for 5 years, engaged in strict diet & exercise regimens and the relapse rate was low!

Beans – Good for Diabetes

Beans, beans – they're good for your heart! Now research says they are also good for diabetes! Beans are even better than whole wheat products as part of a low GI diet for people with type 2 diabetes. Those who had consumed beans had much improved blood sugar levels as well as reduced blood pressure – further benefit for the heart, in addition to the cholesterol-reducing effects of the soluble fibre.

Get Moving

People who spend a lot of time sitting are at an increased risk of developing diabetes – even if they are meeting the established physical activity guidelines. A survey of over 794,000 adults in the U.S., Canada, Australia, Europe and Japan demonstrated the risk and it was specifically related to prolonged episodes of sitting.

What's the best solution? Break up long periods of sitting, and introduce less sedentary activities.

Physical activity is strong medicine against diabetes, but it's important to ensure you aren't harming yourself in the process. Get the okay from your doctor before beginning a program and ensure you are spreading your activity through the week (listen-up, weekend warriors!).

Check your blood glucose before you start and have a snack if it's below 5.5 mmol/L then check again 30 minutes later to ensure it's stable.

Diabetes is a complicated condition and there are lots of ways to impact it – good and bad. If you have questions, our pharmacists can offer advice and assistance.