

Purdue University

Purdue e-Pubs

---

Historical Documents of the Purdue  
Cooperative Extension Service

Department of Agricultural Communication

---

7-1-1981

## Facts about Diabetes Mellitus

Sandra Simons

Follow this and additional works at: <https://docs.lib.purdue.edu/agext>

---

Simons, Sandra, "Facts about Diabetes Mellitus" (1981). *Historical Documents of the Purdue Cooperative Extension Service*. Paper 941.

<https://docs.lib.purdue.edu/agext/941>

For current publications, please contact the Education Store: <https://mdc.itap.purdue.edu/>

This document is provided for historical reference purposes only and should not be considered to be a practical reference or to contain information reflective of current understanding. For additional information, please contact the Department of Agricultural Communication at Purdue University, College of Agriculture: <http://www.ag.purdue.edu/agcomm>

This document has been made available through Purdue e-Pubs, a service of the Purdue University Libraries. Please contact [epubs@purdue.edu](mailto:epubs@purdue.edu) for additional information.

Adm  
New  
Yes  
HE 151

## ➔ Pamphlets

The following pamphlets are available from:  
Superintendent of Documents  
U.S. Government Printing Office  
Washington, D.C. 20402

- Taking Care of Diabetes, PHS Publication No. 567
- Diabetes, PHS Publication No. 1733
- Are You Related to a Diabetic? PHS Publication No. 726
- Diabetes Source Book, PHS Publication No. 890
- Six Food Exchange Lists, PHS Publication No. 326
- Answers to Questions That Are Often Asked About Diabetic Diets, PHS Publication No. 1847

Cost: Single copies free.

Diabetes and the School Child  
New Jersey State Department of Health  
1100 Raymond Boulevard  
Newark, NJ 07102  
Cost: Unknown

Facts About Diabetes  
18 East 48th Street  
New York, NY 10017  
Cost: Unknown

Diabetes and You  
Kentucky Dietetic Association  
Box 1857  
Louisville, KY 40201  
Cost: 1-5 copies, \$.50 each; 6 and over, \$.40 each.  
*(Written for diabetic children.)*

Meal Planning for Diabetics  
General Mills, Inc.  
Nutrition Department  
4620 West 77th Street  
Minneapolis, MN 55435

Meal Planning With Exchange Lists  
The American Dietetic Association  
620 North Michigan Avenue  
Chicago, IL 60611  
Cost: \$.50

*(Can be adapted for any diabetic diet by indicating the necessary amounts of each food exchange. A physician must approve a diabetic's request for a copy.)*

*References compiled by Jane Aycock, former Extension Specialist, Foods and Nutrition Department.*

NEW 7/81

Cooperative Extension Work in Agriculture and Home Economics, State of Indiana, Purdue University and U.S. Department of Agriculture Cooperating. H. G. Diesslin, Director, West Lafayette, IN. Issued in furtherance of the Acts of May 8 and June 30, 1914. It is the policy of the Cooperative Extension Service of Purdue University that all persons shall have equal opportunity and access to its programs and facilities without regard to race, religion, color, sex or national origin.

## ➔ Self-Instructional Learning

Diet and the Diabetic  
The Upjohn Company  
Medical Services  
Kalamazoo, MI 49001

*(A programmed teaching course designed to provide information regarding diet and its importance in the management of diabetes.)*

Learning About Diabetes, A Programmed Course of Instruction

American Diabetes Association  
18 East 48th Street  
New York, NY 10017  
Cost: \$2.00

*(Contains general information.)*

A Guide to Self-Care in Diabetes  
The Nebraska Regional Medical Program  
530 South 13th Street  
Lincoln, NB 68508  
Cost: \$5.00

*(Developed for use by both the diabetic and by the professional for informal, individualized patient instruction.)*

## ➔ Periodicals

Diabetes Forecast (bimonthly)  
American Diabetes Association  
1 West 48th Street  
New York, NY 10020  
Cost: \$4.00 per year

*(For diabetics and their families)*

Diabetes News (quarterly)  
American Diabetes Association  
1 West 48th Street  
New York, NY 10020  
Cost: \$4.00 per year

*(For diabetics and their families)*

American Association of Diabetes Educators Publication  
American Association of Diabetes Educators  
3553 W. Peterson Avenue

Chicago, IL 60659  
Cost: \$10.00 - \$20.00 (depending upon type of membership)

*(This is an independent organization of nurses, dietitians, social workers and other professional health care workers who are involved in diabetes patient education programs.)*

The Diabetic (Quarterly)  
Education for Health, Inc.  
205 Deerwood Lane  
Minneapolis, MN 55427

## ➔ Facts About Diabetes Mellitus

by Sandra Simons, Extension Specialist, Nutrition and Health

### Types of Diabetes Mellitus

There are two major types of diabetes mellitus (1) insulin-dependent diabetes and (2) non insulin-dependent diabetes. Each is characterized by abnormally high blood glucose (sugar) levels.

#### (1) Insulin-dependent diabetes (about 20 percent of diabetics).

This type usually occurs before 20 years of age. The pancreas does not make enough insulin; thus, insulin treatment is required regularly. Insulin-dependent diabetics are frequently underweight.

#### (2) Non insulin-dependent diabetes (about 80 percent of diabetics).

This type typically occurs during adulthood. It is often seen in overweight women over 40 years of age. The body (pancreas) makes insulin but it is not used normally. Often blood insulin levels are normal or higher than normal. Insulin treatment is frequently not required for these diabetics if they follow the prescribed diet and exercise program.

### Complications of Diabetes Mellitus

It is important for diabetics to control their blood sugar levels because poor control over a long time is associated with loss of vision, kidney disease, neural disorder, and poor blood circulation, especially in arms and legs. Poor healing of infections and wounds, severe feet problems and atherosclerosis occur more frequently when control of blood sugar levels is poor. The diabetic thus needs to do his/her best to keep the diabetic condition under control. Pregnancy requires special care and control.

Purdue University  
Cooperative Extension Service  
West Lafayette, Indiana

## The Role of Diet in Control of Diabetes

Diet is very important in the control of diabetes. The general principles upon which the diet prescription is based are: (1) avoid excessive simple sugars and fats; (2) eat well-balanced meals evenly spaced throughout the day.

Diets should contain adequate amounts of all the required nutrients and generous amounts of complex carbohydrates and dietary fiber foods such as whole grain breads, fruits, vegetables. The caloric content should be selected to keep the diabetic within the desirable weight range. In non insulin-dependent diabetics, weight loss, good diet control, and regular exercise often are all that are required to control blood glucose levels.

## Other Factors of Control

Regular insulin treatment is almost always required by the insulin-dependent diabetic. It may or may not be required by the non insulin-dependent diabetic. Insulin treatments must be monitored closely because diet, exercise, illness, emotional stress, weight changes, type of insulin, and many other factors alter the insulin need. Sometimes other drugs may be substituted by the physician for insulin in individuals whose pancreas make some insulin.

## Selected References on Diabetes

This list of references is for people following modified diets prescribed by their physicians. There are many other good sources of information.

## General Information

Juvenile Diabetes Foundation  
113 Essex Avenue  
Narbeth, PA 19072

The American Diabetes Association, Inc.  
1 East 45th Street  
New York, NY 10017

The American Dietetic Association  
620 North Michigan Avenue  
Chicago, IL 60611

## Books

Joslin Diabetes Manual  
Leo P. Krall, editor  
Lea and Febinger, publisher  
Philadelphia, PA 19100

## Cookbooks

The American Diabetes Association/The American Dietetic Association Family Cookbook  
The American Diabetes Association  
18 East 48th Street  
New York, NY 10017  
Cost: \$12.50

The Diabetic Gourmet  
Brown, A.  
Harper & Row Publishers, Inc.  
New York, NY 10022  
Cost: Hardbound, \$7.95  
Paperback, \$1.95

*(Each recipe lists the amount of carbohydrates, protein, fat, and exchange value.)*

Diabetic Cooking Made Easy  
Education for Health, Inc.  
205 Deerwood Lane  
Minneapolis, MN 55427  
Cost: \$1.00

Diabetic Cooking Made Easy  
Donahue, V.  
Diabetic Research Center  
8100 Penn Avenue South  
Minneapolis, MN 55431  
Cost: \$3.00

*(This cookbook has many clever suggestions for preparation of foods for diabetics. Saccharin can be used in the recipes to replace cyclamates, which are no longer on the market. Exchange values are given.)*

Good Housekeeping's Cookbook for Diabetics  
Good Housekeeping Bulletin Service  
Box 2317, F.D.R. Station  
New York, NY 10022  
Cost: \$.50

The Calculating Cook  
Jones, J.  
101 Productions  
384 Mission Street  
San Francisco, CA 94103  
Cost: \$3.95

*(A gourmet cookbook for diabetics and weight watchers with sample menus.)*

Cookbook for Diabetics  
Gaynor Maddox, editor  
Taplinger Publishing Co., Inc.  
200 Park Avenue South  
New York, NY 10003  
Cost: \$1.95

*(Compiled by the Ontario Dietetic Association and the Canadian Diabetic Association. This book has a variety of recipes each of which has its exchange equivalent.)*

The Diabetic's Cookbook  
Strachan, C. B.  
University of Texas Press  
Box 7532, University Station  
Austin, TX 78700  
Cost: \$2.95

## Artificial Sweetener Cookbook\*

*\*Recipes for using various sugar substitutes may be obtained by writing to the manufacturer designated on the product label.*

The Pillsbury New Lo-Calorie Cookbook, 1970  
The Pillsbury Company  
Post Office Box 60-916  
Department 153  
Minneapolis, MN 55460

## Drug Company Educational Resources\*

*Many drug companies offer excellent publications on diabetes free of charge. They will supply information upon request. The following are samples:*

Toward Good Control, a Guidebook for the Diabetic  
Care of the Child With Diabetes (for use by parents)

Mr. Hypo is My Friend  
*(A cartoon book for the education of preschool diabetics)*

Ames Company  
Division of Miles Laboratories, Inc.  
Elkhart, IN 46514

A Guide for the Diabetic  
Lilly Educational Resources Program  
Eli Lilly and Company  
P. O. Box 100B  
Indianapolis, IN 46206  
*(Booklet on the treatment and control of diabetes.)*

Don't Be Afraid of Diabetes  
E. R. Squibb & Sons, Inc.  
754 Fifth Avenue  
New York, NY 10022  
*(Booklet on the treatment and control of diabetes.)*

How to Live With Diabetes  
The Upjohn Company  
Medical Services  
Kalamazoo, MI 49001  
*(A 192-page book on the history and control of diabetes and problems and prospects for diabetics.)*  
Cost: \$6.50

Diet and the Diabetic  
The Upjohn Company  
Medical Services  
Kalamazoo, MI 49001  
*(A programmed teaching course designed to provide information regarding diet and its importance in the management of diabetes.)*