

I only need to take my medication in order to control my diabetes.

False

Medication is only one way of controlling diabetes. Other important ways are healthy eating, being active, losing weight and dealing with stress effectively.

Stress causes diabetes.

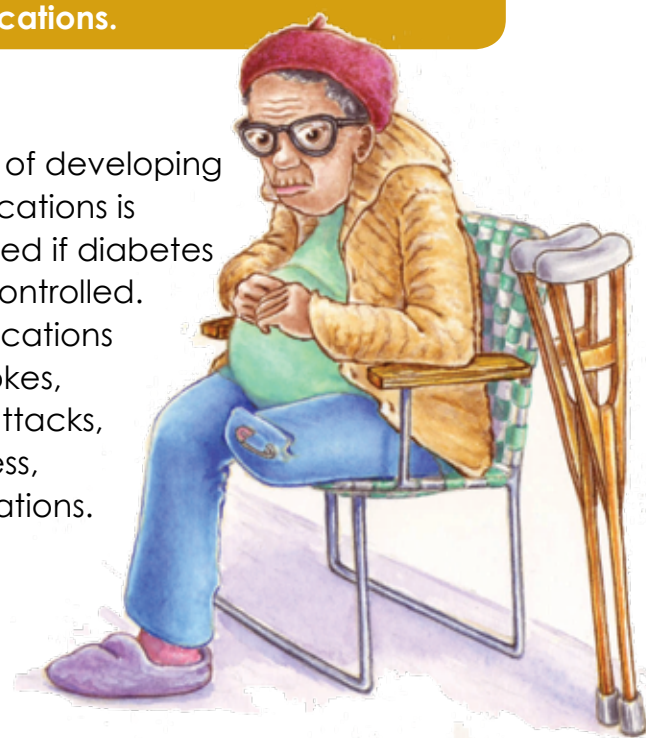
False

Stress does not cause diabetes but can make it difficult to control. Stress increases hormones (e.g. corticosteroids, adrenaline) that raise blood glucose and also raise blood pressure. Stress can also make it difficult to remember to take your medication. Sometimes during stressful times, diabetes medication is adjusted by the doctor. People have different ways of dealing with stress.

If I don't manage my diabetes, there is a greater chance of developing complications.

True

The risk of developing complications is increased if diabetes is not controlled. Complications are strokes, heart attacks, blindness, amputations.



Eating protein raises your blood sugar.

False

Protein-rich food such as milk, meat, chicken and fish is low in carbohydrates and therefore does not have an effect on blood sugar levels.

Smoking cigarettes doubles your risk of a heart attack if you are diabetic.

True

Tobacco smoking increases the risk of complications such as stroke, heart attack and peripheral vascular disease (amputations).

If you have diabetes, you can't drink alcohol.

False

Getting drunk can affect self-care and adherence to medication. Alcohol can raise blood glucose. Hypos are more likely if alcohol is not taken with food.

My family would benefit from joining me for healthy meals and physical activity.

True

There is no such thing as a "diabetic diet." A healthy eating plan is good for everybody.

Diabetes runs in families and you can't do much to avoid it.

False

There is a tendency for diabetes to run in families because families usually eat the same food. Diabetes can be avoided by adopting a healthy lifestyle (physical activity, healthy eating, healthy body weight etc).

I will have diabetes the rest of my life.

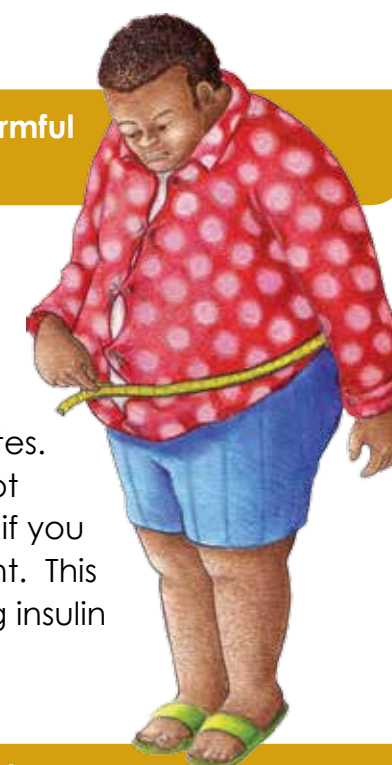
True

But you can lead a normal, healthy life with diabetes. Diabetes can be treated and controlled but it will not go away.

Being fat is harmful to my health.

True

Extra weight makes it more difficult to control diabetes. Insulin does not work properly if you are overweight. This is called being insulin resistant.



Herbal products can cure me of diabetes.

False

Not scientifically proven. There are no known cases where people were cured of diabetes with herbs or herbal products.

People with diabetes can't eat fruit.

False

They can eat fruit but only one at a time. Too much fruit at one go will raise blood sugar very high. ather eat fruit with a meal. Have 5 helpings of fruit and vegetables daily. Speak to the dietitian to work out a healthy eating plan.



Changes in my eating habits can have a big effect on managing my diabetes.

True

Control the intake of carbohydrates eg sugar, starch, fruit so as to keep glucose levels controlled. Cutting out fatty food can help with weight and cholesterol control.

"Low fat" on the label does not necessarily mean that food is healthy.

True

One needs to look at the sources of sugar, amount of sugar, types of fat and other ingredients.

You get diabetes from eating too many sweets.

False

Diabetes is caused by the inability of the body to make enough insulin or where the insulin does not function properly. The sugar then cannot enter the cells and remains high in the blood. Eating sweets will raise the blood sugar even higher. When the blood sugar is very low

(3.5 or less) sweets can be taken to raise it.

It is good to use artificial sweeteners if you are diabetic.

True

Artificial sweeteners may help you avoid using sugar in tea and coffee and are useful. But should not be used too much.

Type 2 diabetes is not very serious and is just a "touch of sugar".

False

Type 2 diabetes is as serious as type one diabetes. It is just treated differently from type 1 diabetes initially with oral medication.

Type 2 diabetes can often be a "silent" disease and have no signs or symptoms.

True

Many people have type 2 diabetes for a long time before it is diagnosed. That is why it is important to have a glucose test every year. If you have signs or a family history of diabetes then go for tests more regularly.



If you are poor you cannot afford to eat healthy food.

False

Being poor may restrict the range of foods that can be afforded but it is still possible to make sensible choices. Often shops in poor communities sell cheaper, healthier foods such as cheap, fatty meat. Sometimes being poor is used as an excuse to not try and eat healthy food. Contact the dietitian to give advice on a healthy diet.

Diet and exercise are key to managing my diabetes.

True

Medication alone is not enough. The controlled and consistent intake of carbohydrates throughout the day is necessary to control blood glucose levels.

It's better to drink fruit juice than to drink soft drinks if you have diabetes.

False

A glass of fruit juice is like eating a lot of fruit all at once as it has a lot of sugar. Rather add water to fruit juice or drink only small amounts.

If you have type 2 diabetes you will never need to take insulin.

False

Diabetes can get worse. The pancreas may not make enough insulin. When tablets, exercise and diet no longer control diabetes then insulin injections become necessary.

Exercise means going to the gym or playing a sport.

False

Physical activity can include brisk walking, climbing stairs, doing housework.



Spices, such as cinnamon, can cure diabetes.

False

There is no scientific evidence that spices can cure diabetes.

Using brown sugar instead of white sugar is better in diabetes.

False

Brown and white sugar are both still sugar and one is no better than the other.