

DIABETES AND HIV

Diabetes is a disorder in which your body cannot control blood sugar levels. When uncontrolled, blood sugar (blood glucose), can lead to the development of chronic illnesses such as kidney disease, blindness, stroke, paralysis, and heart disease. It affects over 7.8% of Americans and costs over \$174 billion a year to treat!

Long term HAART has been linked to an increase in diabetes risk. Inflammation, insulin resistance*, being overweight and not getting enough exercise all contribute to a rise in blood glucose levels within the HIV community.

WHAT CAN YOU DO?

Know your numbers. Your blood glucose levels should be between 70-120 milligrams per deciliter. Take a look at your lab report and see what your blood glucose level is.

Maintain a healthy body weight and exercise regularly. Easier said than done, right? We agree, so don't do it alone! Lifestyle changes are not easy. Get the support and motivation *you* need by attending a GMHC exercise class (Mondays, 12-1pm 11th Fl Training Room and Tuesday 4-5pm, 11th Fl Wellness Room) or making a nutrition counseling appointment.

Aim for healthy diet. Choose whole grains, fruits and vegetables whenever you can. Limit your intake of sweets, sugary drinks, and high fat snacks.

Ask for help. A diabetes support system is so important, and you deserve all the help you can get! Tell your friends and family about your goals or talk to your GMHC nutritionists. We want to help you live your healthiest life! We can create a plan that fits your life and will keep you on track.

Questions or Appointments?

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* Insulin is a hormone that helps keep blood glucose levels controlled. When the cells of the body become resistant to the effect of insulin it is called *Insulin Resistance*.