

WHAT IS DIABETES

INT. OFFICE - DAY

DOCTOR

Diabetes: It's something we hear all the time. Maybe you have a friend or family member who has diabetes, or maybe you were recently diagnosed with diabetes. But what IS diabetes?

Text overlay on screen reads "What is diabetes?"

DOCTOR

We're going to clear up the myths and misconceptions surrounding diabetes and learn the truth. First of all, there are two main types of diabetes: type one and type two.

Text overlay on screen reads "Type One Diabetes"

DOCTOR

Type one diabetes is an autoimmune disease, which means that something triggers the body to attack itself.

Text overlay reads "Autoimmune disease"

DOCTOR

These triggers, though not cut-and-dry, can range from viruses to environmental toxins. With diabetes, the body attacks the pancreas and it stops producing insulin. Insulin is a crucial hormone that regulates how much sugar is in the blood.

B-roll of a bottle of insulin with text overlay that reads "Insulin regulates sugars in the blood"

DOCTOR

Because type 1 diabetics don't produce insulin, they have to monitor their blood sugars and regulate their sugars manually.

B-roll of a diabetic using an insulin pump.

To put it simply, diabetics need to eat food when they have low blood

sugars, and get insulin when they have high blood sugars. Sugar and carbs make blood sugar go up, while exercise makes blood sugar go down.

B-roll of a finger tracing the nutrition facts on a food item.

Most diabetics either have an insulin pump or take shots to get the insulin they need throughout the day and when they eat. Type 1 diabetes affects every aspect of daily life and requires a little bit of extra time and attention to food and physical activity.

B-roll of diabetic exercising.

DOCTOR

Unlike type 1 diabetes, type 2 diabetics still produce insulin.

Text overlay reads "Type Two Diabetes"

DOCTOR

However, their body is unable to recognize and absorb insulin as well as it should due to diet, lifestyle, low activity levels, or genetics. This is also referred to as "insulin resistance".

Text overlay reads "Insulin Resistance"

DOCTOR

Type 2 diabetics often regulate and monitor their blood sugars, watch what their food intake and activity levels are, and sometimes need to take medications or insulin.

B-roll of a Dexcom graph.

DOCTOR

Type 2 diabetes is reversible by adopting a good lifestyle, eating well, and incorporating physical activity into daily life.

Inspiring B-roll of diabetics having a good time.

DOCTOR

Even though diabetes affects so many aspects of life, thanks to modern technology and healthcare, diabetics can enjoy life just like everyone else.

DIABETES AND EXERCISE

INT. OFFICE - DAY

DOCTOR

Food isn't the only thing that affects blood sugar - physical activity and exercise has a big impact on it as well! Let's take a closer look.

Graph of relationship between blood sugar and exercising is shown.

DOCTOR

Muscles need sugar and energy to function, so when an individual is more physically active, their body can absorb insulin better.

B-roll of person lifting weights

DOCTOR

As you exercise more consistently, your body becomes more sensitive to insulin, or in other words, less insulin resistant. This is super helpful for diabetics trying to stabilize blood sugars throughout the day.

B-roll of another graph showing stable blood sugars, include a person in the frame

DOCTOR

In some cases, diabetics might start to need less amounts of insulin. This is huge for both type one and type two diabetics.

In addition, when you do some sort of physical activity right after you eat, your blood sugar won't spike as much because moving your body is helping to absorb those sugars. Even just a short walk or calf raises can be beneficial, so this is a great practice to adopt if you tend to have spikes after meals.

B-roll of person stretching at a park, then starting to run.

DOCTOR

Normally, the human body can detect physical activity and make compensations so that the blood sugar doesn't go too low. However, in diabetics, the pancreas isn't able to regulate that.

B-roll of person doing a cardio workout.

DOCTOR

A lot of times, Diabetics tend to go low when exercising. Even though we know that exercising is super beneficial to us in the long run, it can be frustrating to have to deal with those lows.

Here are our best tips to help with that. First, try to work out at a time when you haven't eaten or received insulin recently. If you don't have any insulin buildup, then it will be easier for your body to keep a stable blood sugar when you're exercising.

B-roll of a person taking a break from their workout to get a drink of water.

DOCTOR

You can also decrease your basal amount a little bit before the physical activity, or put it in exercise mode. Having a little less background insulin will help you not go low.

B-roll of person turning exercise mode on their pump.

DOCTOR

If that doesn't work for your schedule or lifestyle, eat more balanced meals and snacks. If you are eating a lot of straight sugar or dense carbs before you work out, the sugar will either make you crash later, or you'll end up going high.

B-roll of doctor showing different foods, such as vegetables, nuts, and other proteins.

DOCTOR

Add in lots of greens, vegetables, proteins, and healthy fats, and you'll find that you'll be able to sustain a more steady blood sugar, even when you exercise.

DIABETES AND FOOD

INT. KITCHEN - DAY

B-roll of sugary foods show while the doctor speaks.

DOCTOR (V.O.)

"Oh, you can't have that because you're diabetic..."

"If you eat that, you'll get diabetes!"

We hear these phrases all the time. We know they're not true. But even so, it DOES get us thinking about food, and food definitely affects our diabetes.

Doctor walks over to a kitchen table and picks up some candy and pizza.

DOCTOR

Blood sugar levels are highly affected by sugar, like candy, cake, cookies, ice cream, and carbs, like bread, rice, potatoes, chips, granola bars. It's everywhere!

When diabetics eat foods that are dense in carbs and sugar, blood sugars tend to spike. These nutrients are very easy for the body to break down and absorb, raising blood sugar levels quickly. But we're in luck, because carbs and sugar aren't the only things we eat.

Doctor shows foods high in protein and fiber.

DOCTOR

Fiber, protein, and fats take more work to break down and absorb. So, when you eat, fibers, proteins, and fats help slow down the processing of carbs and sugars and help blood sugar be more stable. You still need insulin, but when you are eating balanced meals with a variety of nutrients, the insulin will have more time to kick in and you won't have as much of a spike in your blood sugar.

Insulin typically takes more time to take effect than sugars. That's why it's best to get take your insulin 15 or 20 minutes before your meal. This will also reduce spikes.

One of my favorite meals/snacks is...because...

An array of appealing shot of favorite, diabetic-friendly foods. The recipe is overlaid as text on the screen. Have one to two recipes.