

Top 10 Diabetes Insight Myths

Unfortunately a lot of myths and misinformation exists about ALL types of diabetes that are often deeply frustrating and damaging for the people who live day to day with the challenges of diabetes, their family, friends and health care professionals. It is vital that if you are seeking any sort of information in relation to diabetes, it comes from a credible source, is evidenced based, preferably someone who is trained & specialises in diabetes management such as Diabetes Insight.

- 1. Diabetes Can Be Reversed:** Currently there is absolutely NO evidence to suggest that ANY Type of diabetes can be reversed permanently. There is evidence to suggest that the MANAGEMENT of Type 2 Diabetes can be reversed but we have no long term evidence.
- 2. There is a 'WORST' Type of Diabetes:** It is a common misconception that one type of diabetes is worse than the other. There is NO worse type of diabetes to have. If ANY type of diabetes is left unmanaged or not controlled, then ALL types of diabetes are susceptible to the same complications.
- 3. People with diabetes cannot eat sugar, fruit etc:** The most common myths surrounding diabetes are to do with food. YES people with diabetes can eat a diet that is healthy and balanced like everyone else who does not have diabetes, and that can include sugar
- 4. Commencing Insulin when you have Type 2 Diabetes, means you have Type 1 Diabetes:** Absolutely NOT. Type 1 & Type 2 Diabetes are completely different Types of Diabetes and are not interchangeable. When you commence insulin when you have Type 2 Diabetes you still have Type 2 Diabetes.
- 5. People with Diabetes Must Eat 'Diabetic Foods':** Diabetes specialists no longer recommend 'diabetic' food for people with diabetes. Many of these products are expensive, high in fat and can contain certain artificial sweeteners when taken in large quantities can have a laxative effect.
- 6. I've only got 'Borderline' or a 'Touch of' diabetes:** Having a 'touch of' diabetes is like being a 'touch' pregnant, there is no such thing. You either have diabetes or you don't. Words like this can be used to describe the stage of your diabetes management rather than the diabetes itself. It is important to clarify with your medical practitioner about your diabetes.
- 7. My parents/siblings had diabetes late in life, so I won't get it:** It doesn't matter what age your parents had Type 2 Diabetes, your risk is still up to 50% of developing Type 2 Diabetes. Avail of annual screening for diabetes and discuss any risk factors with your GP.
- 8. Insulin is a CURE for Diabetes:** Presently there is NO known cure for diabetes. Insulin is part of the treatment in controlling diabetes, to prevent blood sugar levels from rising but it is not a cure.
- 9. All people with diabetes are overweight or obese:** There is a variety of reasons why an individual may develop diabetes. Being overweight and inactive are major risks for developing type 2 diabetes. About 85% of people diagnosed with type 2 diabetes are overweight or obese. The rest are not overweight.
- 10. Diabetes is contagious:** Straight answer to this.....NO!!!



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