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| [11**] Sugar free**  My 90 year old Daddy just got diagnosed, the one thing he loves is Ice cream, can he eat sugar free ice cream? | 1-[137] Problem with sugar free items  Does anyone else have tummy problems with the sugar free foods - - ie: sugar free chocolate or other such sweets. I have heard that Sorbitol can cause cramping and wonder about other such "fake" sugars.  2-[193] Sugar Free Products  I wanted to know what specifically is so great about sugar-free products. Does anyone know of any good websites that I can go to find out information on the advantages to sugar-free products  3-[152] Anybody know about "sugar free" candy?  My wife bought me a Christmas present of some "sugar free, low-sodium" chocolate candy. I ate a few of these candies, and my evening finger stick was more than 250 ! What can these possibly contain if they are "sugar free" which can do this?  3-[165] "sugar-free" foods have same effect as sugar  I made a mistake last week - I bought and ate about 10 "sugar-free" caramels on my way home. I got home to a blood sugar of 250. I am not sure what artificial sweetener was used in these, or why they had such a profound effect. I would expect this if I ate 10 "regular" caramels. Anyone know? |
| [12]**Exercise Advice**  What kind of exercise is most beneficial to diabetics? Should I do cardio or weights or swimming or a combination? | 1-[127] Will swimming help?  I was diagnosed with type II. I know that regular exercise is essential. I used to swim when I was in college. Should I go back to swimming or should I do a different exercise regimen? Please advice.  2-[167] Yoga and diabetes  My friend who does yoga regularly has been diagnosed with diabetes. Does yoga alone suffice as exercise for her or should she add a cardio-type workout (like running/elliptical)?  3-[177] Yogic postures  Are there specific yogic postures and breathing exercises that are recommended for diabetics? |
| [13] **Neuropathy in fingers**  I am getting so fed up and frustrated with the neuropathy I have. My feet have been painful for some time, but I have had treatment and special orthotics fitted, and they are better. But I now (think) I have neuropathy in my fingers, as the tips feel tight and painful, and the skin in areas feels burned. None of my doctors seems to know much nor seems particularly interested. This is getting me down - any advice? | 1- [125] I can't feel my toes  I woke up a couple of weeks ago and noticed that I couldn’t feel my toes on my right foot. I tried moving my toes around some more which resulted in a vague tingly sensation. Between then and now the big toe on my right foot seems to hurt a lot. And then the past few days the lack of sensation and numbness in my toes in the morning seems worse. I was diagnosed with neuropathy in my right foot 2 years ago but things improved by watching my diet and exercise. I have been stressed and sleep deprived for the past 2 and a half months and have more or less been shoving random carb things into my mouth. Does anyone think this might be a recurrence of neuropathy?  1- [169] 32 yr old - Diabetic Peripheral Neuropathy - PLEASE HELP!!!  I have been a diabetic for 25 years; I have been experiencing pretty severe tingling and needles in my left foot (they come and go). Also, I was diagnosed with Cubital Tunnel Syndrome in my left elbow at the end of 2010. I read a lot of threads talking about the supplements which help with DPN. How long can I take these for? I'm only in my 30s. Can I take those for the rest of my life, if they work? Does efficiency of the supplements wear off after a while?  2- [140] My Toe Hurts  My toe has been hurting for like 4 days. I didn't hurt it & it looks normal. But it hurts especially at night kind of like a shooting pain. I am just wondering if this has anything to do with diabetes.  3- [124] Deep itch – going insane  Occasionally, I get a deep itch in hands or feet - tonight it is at the base of my palm. It is intermittent, and feels like something is tickling me from inside, and scratching does not help. It arrives with a ferocious tickle and is really unbearable. Does anyone else get this, and what relief can I get? |
| 14] **Cinnamon?**  I've read where cinnamon may be the best of the spices or supplements to use to reduce blood sugar. Any thoughts or experiences with cinnamon? I also read where tumeric (curcuma) and ginger may help as well, but that cinnamon had the best test results thus far. I was think on trying 2X 1000mg tabs a day over the next 3 months to see if there's any positive effects on my labs in June, even if it's just a few ticks off the blood sugar readings. Thanks. | 1- [103] Cinnamon  Hi, I have insulin resistance. My sugar not real high for meds. My sugar usually 105- to 111 of the morning. Has anyone ever tried taking cinnamon tablets when it's over 111? |
| [15] **Metformin and High Blood sugar levels**  I was put on Metformin to control my blood sugars about two weeks ago. 500mg pill twice a day. After logging my blood sugar levels for a week, the doctor told me to double the dosage. So now I am taking 1000mg twice a day and since doing that (for about 3 days) my blood sugars are still high, some even higher than they were before. Is there any reason that doubling the meds which are meant to lower your blood sugar would actually increase it, or would not have the same effect as a lower dosage? For any of you on Metformin, have you had any similar issues? Are you taking any other meds to help control things? | 1-[149] FBS going up on Metformin  I have been on Metformin 500mg at dinner for the past week. I am supposed to up that dosage to 1 gram beginning next week. The strange part is that since I began the Metformin + a low carb diet, my morning fasting numbers are actually increasing. Is this normal as my body adjusts to the Metformin? I am also taking Lovaza, Crestor, Lasix, Inspra, Cardizem and an ACE inhibitor.  2-[162] Metformin raises my blood sugar level  After years of controlling my sugar , my A1c started rising this year , when it reached 9.3 I agreed to increase my metformin, from 2 pills a day to 4 pills, but soon after 3 weeks I noticed my levels were higher . Normally in the AM (fasting for 8 hours) I tested around 8.5 , now on increased levels of metformin I am testing 13.2. 2 hours after meals test before metformin was 7.3, now it is 13.2. I can't figure out what is going on , and why is my sugar levels going up when I am taken a med that supposed to bring them down?  3-[101] Metamorfin Advice Please  I am just wondering if anyone knows if you take more than one pill of your usual dose of Metamorfin can it hurt/affect you in any way? I had my tea but I couldn't remember if I had my Metamorfin afterwards. Should I take a pill if I'm not sure. or should I just leave it?  3-[106] Starting Metamorfin  I'm starting metformin this week, 500mg with breakfast and working my up to 500mg at dinner. I am taking it for insulin resistance. Anyone had success using it for that and weight loss. I would really appreciate some feedback.  3- [113] Anyone ever had hypos on Metformin  I'm on Metformin for my diabetes but have lost weight over the past 2 years, at my last annual check up I expected they would review my meds due to the weight loss but they say that my blood sugars are good and they want to keep me on the Metformin as its working and doing its job well. Increasingly over the last couple of months I've been experiencing what only seems like 'low blood sugars' dizzy spells, extreme hunger pangs that make me experience nausea (like the morning sickness nausea that low blood sugars cause whilst pregnant) so I bought some test sticks for my glucose meter this week and have been testing since yesterday. So far it seems my blood sugars are on the low scale, not quite what you would call hypo levels but considering I've only taken them whilst sat at home or at my desk I would imagine they probably drop lower when I'm active. I've been told that I will not suffer Hypos on Metformin, but with these readings I am starting to think that maybe I might be now suffering with low blood sugars even though I'm eating a well balanced diet throughout the day. Does anyone else experience symptoms on Metformin?  3- [121] Best Time to take Metformin?  I am still "technically" considered pre-diabetic. I take 500 mg of Metformin a day. Can anyone tell me what is the best time to take it? I have read several post that say to take it with the biggest meal of the day, is that the general consensus? Is there anything else I should consider?  3- [134] Metformin and Mood Changes or just me?  I have been on Metformin 500 mgs regular release now for 7 days. I take it about 5 to 7 in the evening and was finding that I was getting really mean and mad easily and so crabby and snappy too. I am not normally this bad but have been and not sure why.  3- [147] Metformin and minor lip swelling  I started on 250mg of Metformin yesterday and today with dinner. I noticed that my lip feels slightly swollen. Not where it's uncomfortable just that it feels kinda numb. Is this a normal side effect until your body gets used to this drug?  3- [175] Metformin depression?  My doc said I am pre-diabetic and gave me Metformin to take. I made sure to take it with a meal and seemed to do ok. But after a few days I noticed that I was lethargic and tired a lot. Then, I got depressed! I have stopped taking it and the depression went away. What gives? Was my dose too high? Is depression just a side effect? Is the depression caused by my blood sugar getting TOO low?  3- [186] Bitter and moody all the time  My husband recently started on Metformin. I have noticed that he has become very bitter and short tempered. He gets irritated very easily. I am wondering whether this is a natural side-effect and whether anything can be done about it.  3- [190] Metformin and MOOD SWINGS please help  Can anyone offer me insight to this Metformin and mood swings. I swear since my first dose, it gives me such a feeling of being on edge. I BECAME SO MOODY. I take 500mg 2x a day. Has anyone else had this happen? Please advise so I know I am not going crazy. It does not state mood changes or anything close to it in the caution information.  3- [199] Metformin side effects, anxiety, surreal?  I've only been taking 1/4 of a Metformin for a few days. I am working up to the 500 mgs, the dose is 500 mgs. so yesterday about 4 to 5 hours after I took the dose, I started feeling kind of funny. I started feeling kind detached from my environment. It was really weird and creepy. I didn’t sleep a wink all night from the anxiety this was invoking. Is this a normal reaction or just me?  3- [204] Always sleeping and feeling heavy  I started Metformfin and I feel so heavy and sleep all day. Is this normal? My dr. wants to see me in a couple of weeks. I feel so wiped out every day |
| [16] **Another A1C Question**  Last A1C test was 6.5 but the fasting blood sugar was 108 . I would have thought that both would have been up . Still confused as to whether this is pre diabetes or diabetes. | 1-[187] A1C  What is the average best a1c? I am type2.  2-[114] New here, A1C of 7.4  I have been going through a battery of tests because of some very swollen axillary and supraclavicular lymph nodes. Obviously they are looking for cancer. I've had ultrasounds, chest Xray, diagnostic mammogram, scheduled for a lymph node removal in a few weeks. My doctor had to leave town for a family emergency, so I can't contact her for a few days. I have been under a great deal of stress for about a year, also on meds for panic disorder and generalized anxiety. The surgeon I met with yesterday said my A1C was 7.4, and I am diabetic. Right now I am on an antibiotic to see if the lymph nodes are reacting to some unknown bacterial infection. Can all of this stuff going on contribute to a higher reading? My fasting BG has always been normal, last checked a year ago.  2-[183] Do I have Insulin Resistance?  So the last few years my diet has been awful (filled with sugar and carbs), and I've been using nicotine in the form of an e cig. I've realized that its very hard for me to lose weight, and that carbs tend to bloat me a lot. My fasting glucose is fine at 84, my HbA1C is fine, I don't really remember though, maybe 4.5 or something. However, my fasting insulin was 13. I want your opinion on whether or not a fasting insulin of 13 indicates insulin resistance (mild medium severe or none), and if you think I do have insulin resistance, what is the best diet to reverse it. |
| [17] **bg effects on eyes**  I have had problems the last few months with my eyes being sensitive to light, but only after I have a rather heavy meal, usually lunch. I can be fine before I go into a restaurant, but then when I come out I have to squint very hard to even be able to walk to the car. Could this mean that the diabetes is starting to affect my eyes? | 1-[116] Sensitivity to light  I started taking insulin in May of this year. I developed blurred vision and extreme sensitivity to bright sunlight. The blurred vision disappeared in about a week but I still have the sensitivity to light. Will that ever go away?  2-[141] Eyes going bad  I have type 2 and was wondering if anybody has had any eye problems. I went to the eye doctor because I was having problems with my eyes. I see multiple objects sometimes. I am also having constant pain behind my eyes. The eye doctor said that I am getting weak eye muscles now. Well I was wondering if this had something to do with the diabetes or possibly high blood pressure. If anybody has been through this tell me what it might be. |
| **[18] Diabetes and Impotence**  I am a spouse of a diabetic. He has had diabetes for the past 5 years and very recently has started experiencing erectile dysfunction. His Dr prescribed Viagra. But it gives him severe headaches even with cutting the dosage. Can anyone make suggestions/recommendations? | 1-[156] Erectile Dysfunction  I have been diabetic for 6 years now and I am starting to notice some loss in sexual function that my doctor said was not abnormal. Tried viagra but gave me horrible headaches. Tried horny goat weed pills but they did nothing for me . Looking for a more natural supplement to help. Has anyone tried libidostack or any others they could suggest ?  2-[117] Type 1 Males... and sex  I recently started dating a guy who is Type 1. I'm wondering how this might effect his sex life, if any at all. Any insight anyone can provide would be appreciated.  2-[142] Diabetes Leads to ED?  I am a 25 yr old guy recently diagnosed with type II diabetes. I have been experiencing erectile problems since a year or so. I am wondering whether my ED is the result of diabetes and whether ED will be cured by keeping blood sugar under control. |
| **[19] Need Suggestions for Natural Juices**  Can anyone suggest any Natural Juice - Rich in Vitamin C & good for Type 2 Diabetics? | 1-[129] Which fruit juice  What FRUIT JUICE if any can someone with TYPE 2 drink ?  2-[146] Orange Juice  Is it advisable to take fresh orange juice in the breakfast for a diabetic? |
| [20] **Cough medicine for a diabetic**  After having a cold last week, I have developed a dry, tickling cough. Can anyone recommend a cough medicine for a diabetic? | 1-[197] Diabetic-friendly cough suppressant  Can anyone recommend a good cough suppressant that does not raise bg?  2-[123] Allergy meds that don't increase glucose levels?  I was told that decongestants and other cold meds can increase glucose levels. I suffer from horrible allergies and have been TRYING to avoid these things until I go back to the dr. next week to ask about it. I USED to take both sudafed for congestion and benedryl for runny nose/sneezing. If you have allergies, what do you take? |