

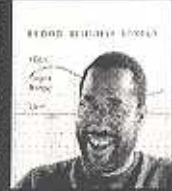
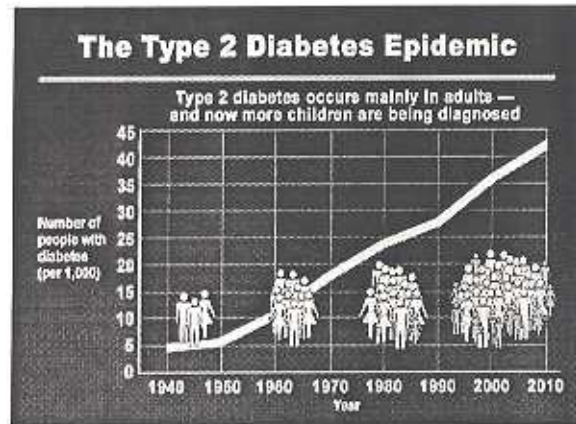
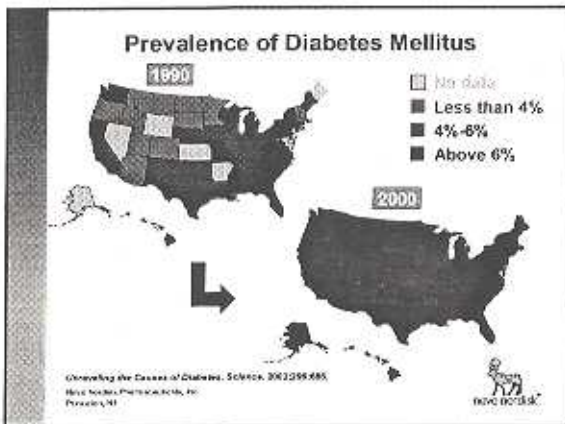


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DIABETES


Diabetes Is...

Common	Chronic	Controllable
		
Affects 1 in every 16 people	A lifelong condition	Good management depends on YOU!



Hyperglycemia Can Cause Serious Long-Term Problems

Chronic complications of diabetes



- Blindness
- Kidney disease
- Nerve damage
- Amputation
- Cardiovascular disease:
 - Stroke
 - Heart attack
 - Loss of circulation in arms and legs

Risk Factors

- A family history of diabetes (mother, father, brother or sister)
- Obesity
- Sedentary lifestyle
- High Blood Pressure
- High Blood Cholesterol
- Diabetes during pregnancy or a baby weighing more than 9 pounds
- If you are African American, Hispanic/Latino, Asian American Native American

Signs and Symptoms of Diabetes type 2

- Increased thirst
- Increased urination
- Hunger
- Sudden weight loss
- Feeling tired or weak
- Very dry skin
- Frequent infections
- Cuts and sores that are slow to heal

Who should be screened for diabetes?

- ADA recommends screening for people who are overweight and age 45 or older and for those who have risk factors
- American College of Endocrinology and American Association of Clinical Endocrinologist recommend the screening for diabetes be reduced to age 30 for people with risk factors
- People with overt symptoms should see their health care provider for a diagnostic evaluation

Diagnosing Diabetes

Pre-diabetes or Diabetes?

Fasting Plasma Glucose Test		
Less than 100 mg/dL Normal	100 – 125 mg/dL Pre-diabetes	126 mg/dL or higher Diabetes

Oral Glucose Tolerance Test		
Less than 140 mg/dL Normal	140 – 199 mg/dL Pre-diabetes	200 mg/dL or higher Diabetes

If you are overweight and over age 45, get tested!

Pre-Diabetes

- Insulin resistant, glucose intolerant, touch of diabetes and borderline diabetes are terms that are now grouped in Pre-diabetes
- Recommendations are to modify the meal plan, exercise and weight loss
- Treating pre-diabetes may prevent or delay type 2 diabetes

What is the difference between type 1 and type 2 Diabetes

type 1

- Also known as Insulin dependent or Juvenile onset diabetes
- Usually in children
- Beta cell destruction little or no insulin production
- 1 in 10 people with diabetes have type 1

type 2

- Also known as Non-insulin dependent or Adult onset diabetes
- Usually in people over 40 but due to life style it is now diagnosed in children at an increasing rate
- Inability to produce enough insulin or insulin resistance
- 9 in 10 people with diabetes have type 2

How does your body work?

How does your body work?

You eat carbohydrates



The Carbohydrates become sugar and the sugar goes into the blood stream and your blood sugar goes up



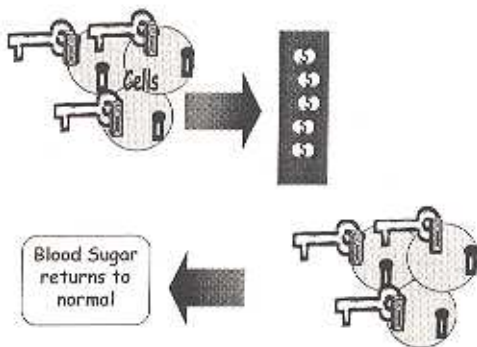
The high blood sugar sends a message to the pancreas



The pancreas sends insulin into the blood stream



The Insulin is the KEY that opens the Lock on the cell.

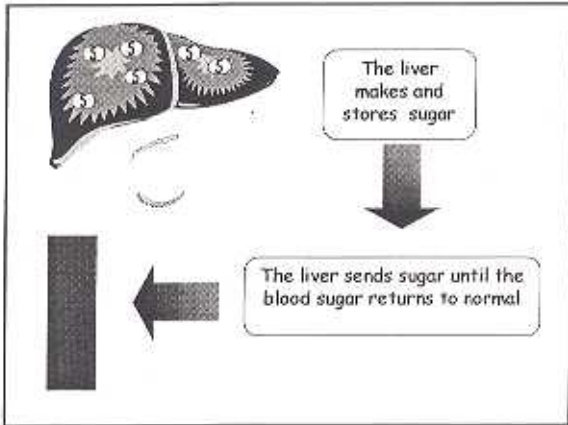


What happens if you do not eat?



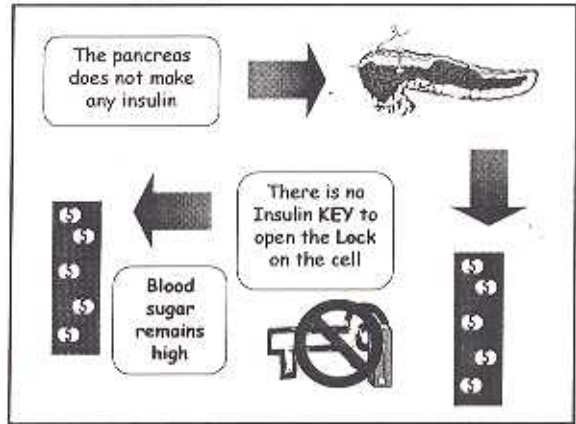
Your low blood sugar sends a message to the liver

Your blood sugar gets low

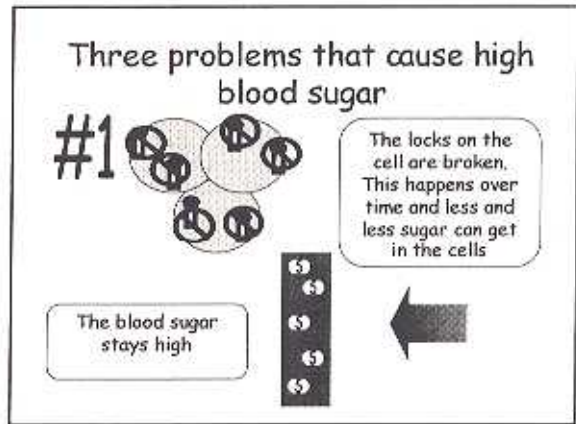


What happens when you have diabetes?

type 1 Diabetes



type 2 Diabetes



#2

The liver makes and stores sugar

People notice this when their blood sugar is higher in the morning than at bedtime

The liver is like a leaky faucet, it just sends out more sugar, even if the blood sugar is high

#3

Over time the pancreas is not able to make enough insulin to bring the blood sugar back to normal

How do you know if the blood sugar is under control?

H E M O G L O B I N A1c

Hemoglobin A1c is the average of the blood sugar for the last 3 months. The goal is to have it at 7 or below

- Red Light** HbA1c more than 9 Average blood sugar of 220 or more
- Yellow Light** HbA1c of 7.5 to 9 Average blood sugar of 180 to 220
- Green Light** HbA1c of 6 to 7 Average blood sugar of 120 to 180