

American Diabetes Month

What is Diabetes?

Diabetes is a disease in which the body does not produce or properly use insulin.



Pre-diabetes

- Before people develop type 2 diabetes, they almost always have pre-diabetes.
- Blood glucose levels are higher than normal, but they are not high enough to be diagnosed as diabetes.
- There are 57 million people in the United States who have pre-diabetes.
- During this stage, the long term effects of diabetes may already be starting
- Eating a healthy diet and physical activities can bring blood sugar levels back to normal, delaying or preventing diabetes.

Diabetes Risk Factors

- + 45 years old
- Diabetes during a previous pregnancy
- Excess body weight (especially around the waist)
- Family history of diabetes
- Given birth to a baby over 9 lbs
- HDL cholesterol under 35
- Triglycerides over 250
- Blood pressure over 140/90
- Impaired glucose tolerance
- Low activity level
- Poor diet

Preventing Diabetes Complications

- **Glucose Control**-can reduce risk of microvascular complications (eye, kidney, & nerve diseases)
- **Blood Pressure Control**-reduces risk of cardiovascular disease, & microvascular complications.
- **LDL Cholesterol control**-can reduce cardiovascular complications.
- **Preventive Care Practices**-can reduce development of severe vision loss. Foot care programs can reduce amputation rates. Detecting and treating early diabetic kidney disease can reduce decline in kidney function.

Diabetes: Type 1 & Type 2

Type 1 Diabetes

- *It is usually diagnosed in children and young adults
- *The body does not produce insulin, a hormone needed to convert sugar into energy.
- *The exact cause is unknown, but genetics and exposure to a certain virus may play a role.

Type 2 Diabetes

- *It is more common in adults.
- *The body does not produce enough insulin or the cells ignore the insulin.
- *Type 2 diabetes is usually preventable, but the prevalence is rising mainly because of the current obesity epidemic.

Complications Of Diabetes

Brain: Diabetes can cause nerve damage in any part of the body

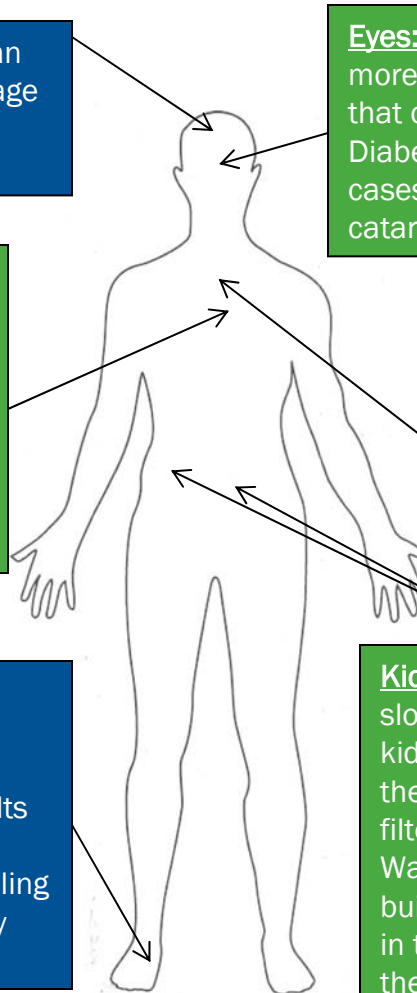
Eyes: Diabetes also causes more disorders of the retina that can lead to blindness. Diabetics also have more cases of glaucoma and cataracts

Stomach: Diabetics can suffer from gastro paresis, which is when the stomach takes too long to empty, which can elevate blood glucose levels

Heart: Diabetes drastically increases the risk of heart disease. 2 out of 3 people with diabetes die of heart disease or stroke.

Feet: Foot problems most often happen when there is nerve damage, which results in a loss of feeling in the foot. Loss of feeling means a person may not feel a foot injury.

Kidneys: Diabetes slowly damages the kidneys, causing them to lose their filtering ability. Waste products then build up in the blood in the kidneys, which then can lead to kidney failure



This newsletter is a monthly publication of HealthSTAT, Inc., for its clients and their employees. It is for informational purposes only, and is not intended to replace medical advice.

4601 Charlotte Park Drive
Suite 390
Charlotte, NC 28217
(704) 529-6161

Prepared & Reviewed by:

Julie Ham,
Wellness Coordinator
&
Eric Hart, MD
Chief Medical Officer

Comments/Questions send to:
julie.ham@healthstatinc.com