

Diabetes: Prevention & Management



**HEALTH EDUCATION
SERVICES**

(509) 376-3939

OR

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Diabetes



Definition: Disease that affects how your body uses blood glucose (blood sugar).

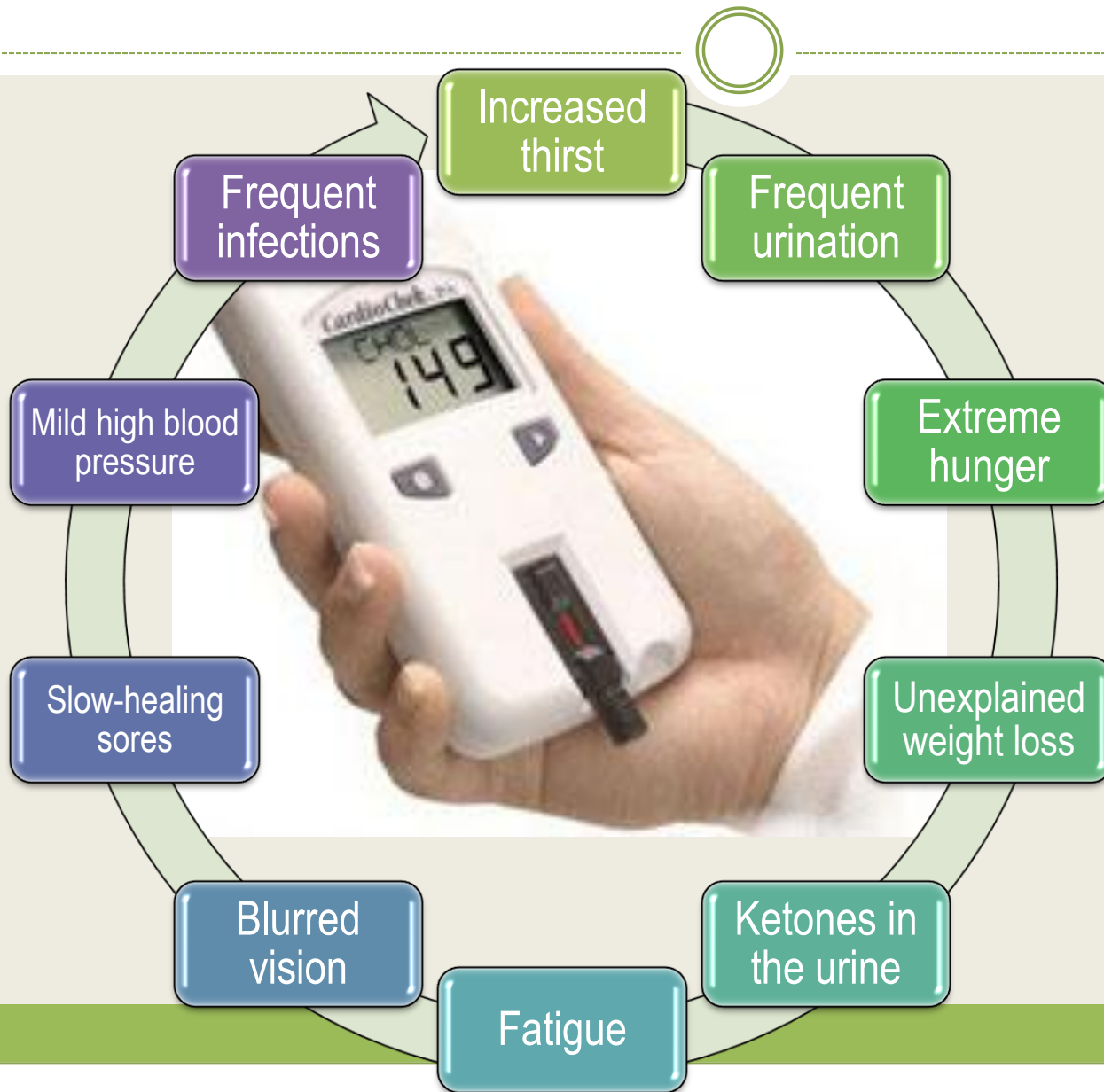
Diabetes: in dollars



- More than 20 million people in the U.S. have diabetes (6%)
- More than 40 million people have prediabetes.
- Cost:
 - United States spends approximately
 - \$132 billion each year on diabetes
 - \$92 billion in direct medical costs
 - \$40 billion each year in indirect costs because of missed work days or other losses in productivity
 - \$1 of \$4 Medicare dollars is spent on diabetes
- Diabetes is the 6th leading cause of death in the U.S.



Symptoms of Diabetes



- ◆ Symptoms may vary.
- ◆ Those with Type 2 Diabetes or Prediabetes may not experience symptoms.
- ◆ Symptoms of Type 1 Diabetes tend to be quick and more severe.

Risk Factors for Type 2 Diabetes

- Weight
- Inactivity
- Family History
- Race
- Age
- Gestational Diabetes
- Polycystic Ovary Syndrome
- High Blood Pressure (140/90)
- Abnormal Cholesterol Levels
- High levels of triglycerides



Complications from uncontrolled blood sugar



- Cardiovascular Disease
- Nerve Damage (neuropathy)
- Kidney Damage (nephropathy)
- Eye Damage (retinopathy)
- Foot Damage (minor wounds can lead to serious infection)
- Skin/Mouth Conditions
- Brain Problems (increase risk of Alzheimer's)
- Cancer

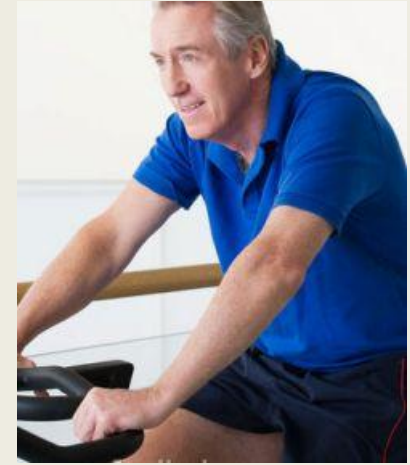


ADAM.

Testing for Diabetes



- Who should be tested?
 - Anyone with a BMI over 25 with additional risk factors (any age)
 - Anyone over the age of 45
 - ✦ Note: If initial tests are normal, be screened every 3 years



Types of Tests



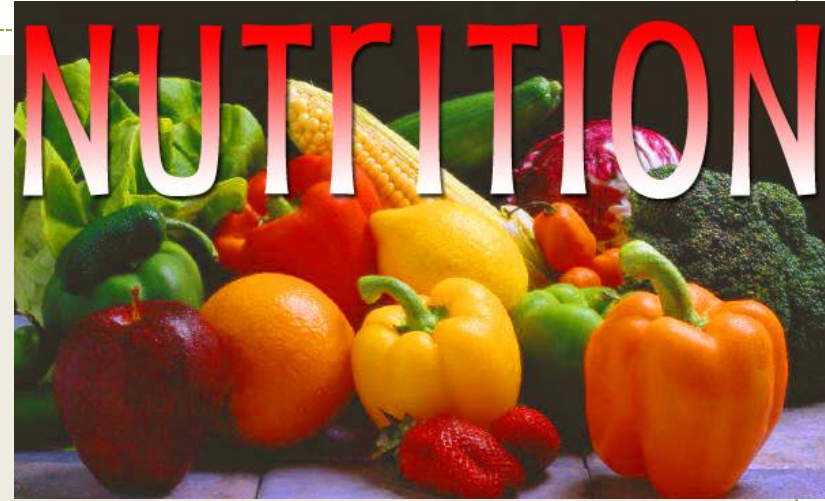
- A1C Test: average blood sugar level for past 2-3 months
 - ✦ A1C of 5.7-6.4% suggests prediabetes
 - ✦ A1C of 6.5% or higher (on 2 separate tests) indicates diabetes
- Random Blood Sugar Test: taken regardless of last food
 - ✦ 200 mg/dL or higher suggests diabetes
- Fasting Blood Sugar Test: 8-12 hour fast
 - ✦ 100-125 mg/dL indicates prediabetes
 - ✦ 126 mg/dL indicates diabetes



Treatment



- Healthy Eating
 - Fruits, vegetables, whole grains, lean protein
 - Limit saturated fats, processed foods, sugar, sodium
- Healthy Weight
 - 5-10% weight drop can significantly help
- Physical Activity
 - 150 minutes per week **MINIMUM**
- Blood Sugar Monitoring
- Medications



Other lifestyle changes



- Schedule an annual physical
- Schedule an annual eye exam
- Keep immunizations up-to-date
- Pay attention to your feet
- Control blood pressure/cholesterol
- Take care of your teeth
- Quit tobacco
- Limit alcohol use
- Manage stress



Kadlec Diabetes Learning Center

The word "LEARN" is rendered in large, bold, 3D red block letters. A black mouse cursor is positioned over the letter 'N', with a thin black line extending from the cursor towards the word. The letters and cursor are reflected on a glossy surface below them.

- Diabetes Support Group
 - When: the 3rd Wednesday of each month (except November & December)
 - Time: 5-6 pm
 - Where: Columbia Basin College Health Science Center
891 Mansfield (room 249)
Richland, Washington
 - For information, call 942-2620.



For questions or to set up an appointment with a Certified Health Coach for one-on-one assistance, please contact:

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