

Understanding Diabetes

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Diabetes Fact or Myth?

FACT

- Diabetes affects more than 30 million people in the United States and over 400 million people worldwide



- Diabetes is a preventable disease



- People with Diabetes should avoid carbohydrates and sugar

FACT

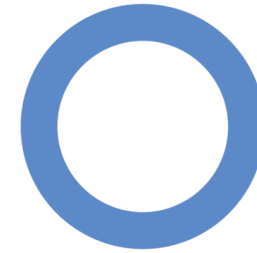
- Diabetes is a chronic, lifelong condition



- Everyone with Diabetes needs to take insulin

FACT

- People with Diabetes can live a long, healthy life



world diabetes day
14 November

What is Diabetes?

- ▶ Food is broken down into sugar (glucose) that is released into the bloodstream
- ▶ This sugar is used by all the cells of the body for energy (fuel)
- ▶ Insulin is a hormone that “unlocks” the cells and allows sugar to move out of the bloodstream and into the cells
- ▶ People with Diabetes either do not make enough insulin, or the insulin that is being made does not work as well as it should
- ▶ Result = high blood sugar



How is Diabetes Diagnosed?

Diagnosis	Fasting glucose	2-hour glucose	Random glucose	A1c
Normal	Less than 100	Less than 140		Less than 5.7%
Pre-Diabetes	100 to 125	140 to 199		5.7 to 6.4%
Diabetes	126 or more	200 or more	200+ with symptoms	6.5% or more

Type 1 vs. Type 2 Diabetes

Type 1

- ▶ Body does not make insulin
- ▶ Requires lifelong insulin therapy
- ▶ Onset most often in childhood/adolescence
- ▶ No way to prevent
- ▶ About 5-10% of Americans with Diabetes
- ▶ Quick onset

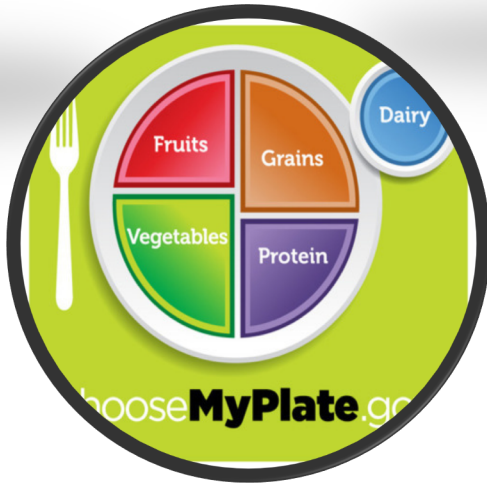
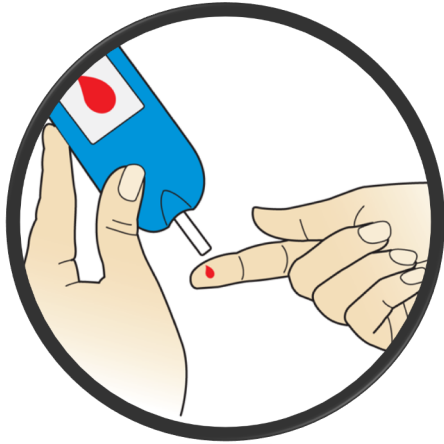
Type 2

- ▶ Body still makes insulin
- ▶ Can be managed with diet/exercise, oral medications, non-insulin injectables and/or insulin
- ▶ Onset most often after age 45
- ▶ Can prevent or delay with lifestyle changes
- ▶ About 90-95% of Americans with Diabetes
- ▶ Slow onset

What Puts a Person at Risk for Developing Type 2 Diabetes?

- ▶ Family History
- ▶ Certain Ethnic Backgrounds
- ▶ Age 45 or older
- ▶ History of Gestational Diabetes (diabetes during pregnancy)
- ▶ Prediabetes
- ▶ Overweight
- ▶ Little or no physical activity
- ▶ Uncontrolled cholesterol
- ▶ High blood pressure

How is Diabetes Managed?



If Left Untreated...

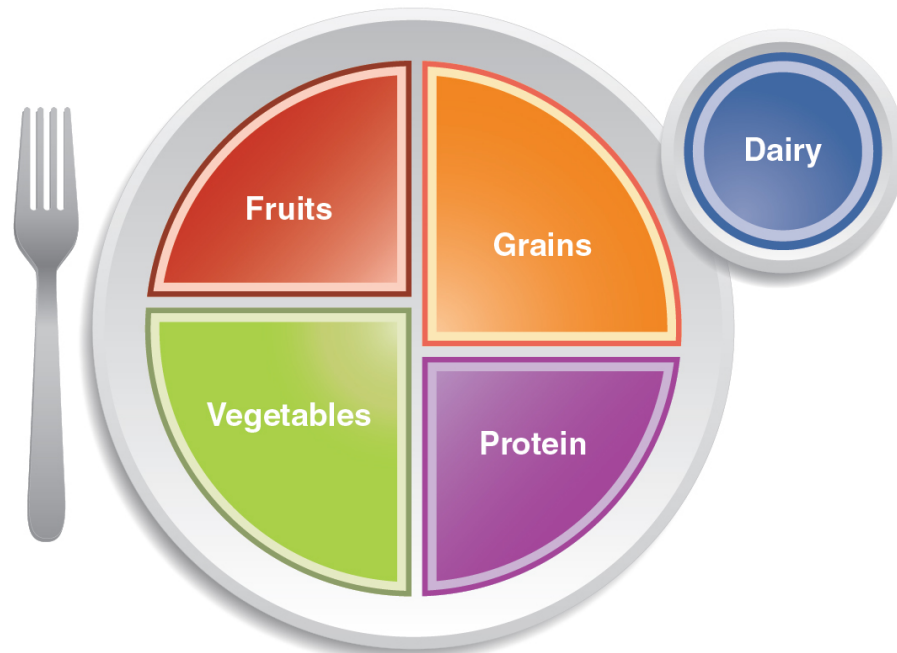
- ▶ Heart disease or heart attack
- ▶ High blood pressure
- ▶ Stroke
- ▶ Skin infections
- ▶ Kidney Disease
- ▶ Eye complications or blindness
- ▶ Nerve damage
- ▶ Foot problems



With good blood sugar control,
these are preventable
complications!

Preventing Diabetes - Behavior Changes for Success

- ▶ Increasing physical activity
- ▶ Eating a healthy, balanced diet
- ▶ Regularly seeing health care providers and keeping up to date with health screenings
- ▶ Treating high blood pressure
- ▶ Managing cholesterol and triglycerides
- ▶ **STOP SMOKING!**



At Gundersen Health System:

- ▶ Diabetes Educators
- ▶ Pharmacists in some primary care departments
- ▶ Wellness coaches
- ▶ Healthy Living with Diabetes classes
- ▶ Resources on Gundersen Health System Website: gundersenhealth.org
- ▶ YMCA's Diabetes Prevention Program

Thank You!

Any Questions?

