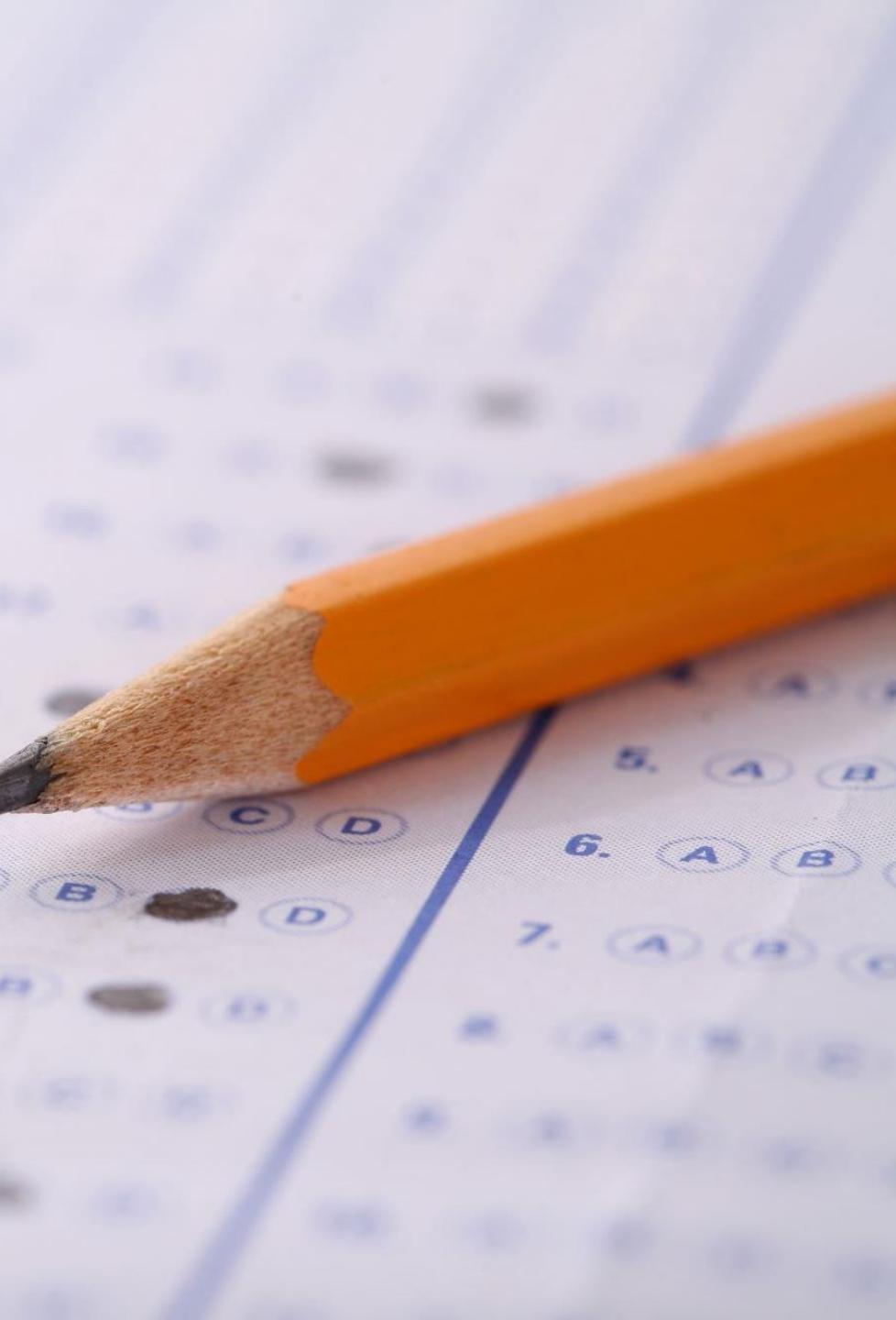




Empowering the Diabetic Patient

Christina Hartley



**What
do
you
know?**



1) Diabetes happens because of what?

- a) Your liver doesn't make enough blood sugar
- b) Your muscles use too much sugar
- c) Your body can't use blood sugar the way it should
- d) Your body makes more insulin than it needs

2) What is a type II diabetic?

- a) Your body does not produce insulin
- b) this is not a type of diabetic
- c) something that develops during pregnancy
- d) Happens when your body does not use insulin well

3) What is a type I diabetic?

- a) Your body does not produce insulin
- b) this is not a type of diabetic
- c) something that develops during pregnancy
- d) Happens when your body does not use insulin well

4) What organ does not work right in Type I diabetes?

- a) Pituitary gland
- b) Pancreas
- c) Adrenal glands
- d) Kidneys



5) Why is insulin important for your body to use blood sugar?

- a) It helps blood sugar enter your cells
- b) It lowers your blood pressure
- c) It raises your cholesterol levels
- d) It keeps your sucrose levels normal

6) People are at higher risk for which of these if their diabetes are not controlled?

- a) Heart disease
- b) Cancer
- c) Nerve Damage
- d) A and C

7) Why are healthy diet and regular exercise important if you have diabetes?

- a) They keep depression at bay
- b) Eating raises blood sugar; exercise lowers it
- c) Being overweight can be dangerous for people with diabetes
- d) B and C

8) What destroys the cells that makes insulin?

- a) Your immune system
- b) Toxins in your environment
- c) Free radicals
- d) bacteria

9) Which medication can raise blood sugar?

- a) Ibuprofen
- b) Antidepressants
- c) Thyroid medicines
- d) Steroid medicines

10) If your diabetes isn't controlled, which body part can it harm.


- a) Liver
- b) Eyes and Kidneys
- c) Heart
- d) B and C

11) What does insulin do

- a) Lets blood sugar leave the liver
- b) Helps cells take in blood sugar
- c) Helps cells keep out blood sugar
- d) Lets your body release adrenaline

12) Which factor is an increase in risk to get type 2 diabetes?

- a) Obesity
- b) Race
- c) Inactivity
- d) All of the above



13) Who is at greatest risk to develop diabetes?

- a) Caucasians
- b) Hispanics and American Indians/ Alaska Natives
- c) Non-Hispanic blacks
- d) B and C

14) What is a possible symptom of type II diabetes?

- a) Skin infections that don't heal easily
- b) Fatigue and drowsiness
- c) Dry, itchy skin
- d) All of the above

15) Diabetes can only be managed by medicine?

- a) True
- b) False

16) How does exercise help people with diabetes?

- a) Improves oxygen flow
- b) Lowers insulin resistance
- c) Regulates blood pressure
- d) All of the above

Fast Facts

- 34.2 million adults in the United States have diabetes
- 1 in 5 people do not know they have diabetes
- Diabetes is the seventh leading cause of death in the US
- Diabetes is the leading cause of kidney failure, limb amputations, and blindness

(What is Diabetes?, 2020)



What is Diabetes?

- The food that a person eats is broken down partially into sugar which is released into your bloodstream.
- When a person's blood sugar goes up from eating it is the **pancreas** that releases insulin to help bring that blood sugar down. **Insulin acts as the key that allows blood sugar into the cells.**
- When someone has diabetes their body either does not make enough insulin or the body does not use the insulin efficiently **causing irregular blood sugar levels.**

Risk factors for Type II Diabetes

- ❖ **Overweight** – The more overweight a person is the more resistant cells are to insulin
- ❖ **Inactivity** – physical activity helps control, uses up glucose, and makes cells more sensitive to insulin
- ❖ **Family history** – increases risk if a parent or sibling has diabetes
- ❖ **Race/ ethnicity** - Black, Hispanic, American Indian and Asian American people are at a high risk
- ❖ **Age** - The older a person gets the less exercise and an increase in weight may occur
- ❖ **High blood pressure** - Blood pressure over 140/90 is linked to an increased risk of type 2 diabetes.
- ❖ **Abnormal cholesterol and triglyceride levels**

Types of Diabetes

Type I

NO INSULIN MADE!

- ✓ This is where the body does not make insulin due to an **autoimmune (your immune systems attacks itself) and destroys cells that make insulin**
- ✓ Symptoms of being a diabetic develop quickly.
- ✓ Insulin needs to be taken by injection for a person to survive and try to normalize blood sugars

Type II

MAKES INSULIN, DOES NOT USE IT WELL

- ✓ The body makes insulin however, it does not use it very well.
- ✓ Blood sugar can be very random with Type II.
- ✓ Diabetic symptoms may not be noticed.




Symptoms

- Fatigue
- Drowsiness
- Dry, itchy, skin
- Skin infections that doesn't easily heal
- Increased thirst
- Frequent urination
- Extreme hunger
- Blurred vision

What raises blood sugar

- Steroid medications
- Added sweeteners
- Skipping meals
- Diet high in carbohydrates
- Stress
- Lack of sleep



What happens if diabetes is not controlled

Cardiovascular disease - Including coronary artery disease, heart attack, stroke, and narrowing of arteries (atherosclerosis).

Nerve damage (neuropathy) - Excess sugar can injure the walls of the tiny blood vessels (capillaries) that nourish your nerves, especially in your legs. This can cause tingling, numbness, burning or pain that usually begins at the tips of the toes or fingers and gradually spreads upward. For men, it may lead to erectile dysfunction.

Kidney damage (nephropathy) - Diabetes affect millions of tiny blood vessel clusters (glomeruli) that filter waste from your blood. Diabetes can damage this delicate filtering system. Severe damage can lead to kidney failure or irreversible end-stage kidney disease, which may require dialysis or a kidney transplant.

Eye damage (retinopathy) - Diabetes can damage the blood vessels of the retina (diabetic retinopathy), potentially leading to blindness. Diabetes also increases the risk of other serious vision conditions, such as cataracts and glaucoma.


Limb Amputation - Nerve damage in the feet or poor blood flow to the feet increases the risk of various foot complications. Severe infections may ultimately require toe, foot or leg amputation.

What you need to do

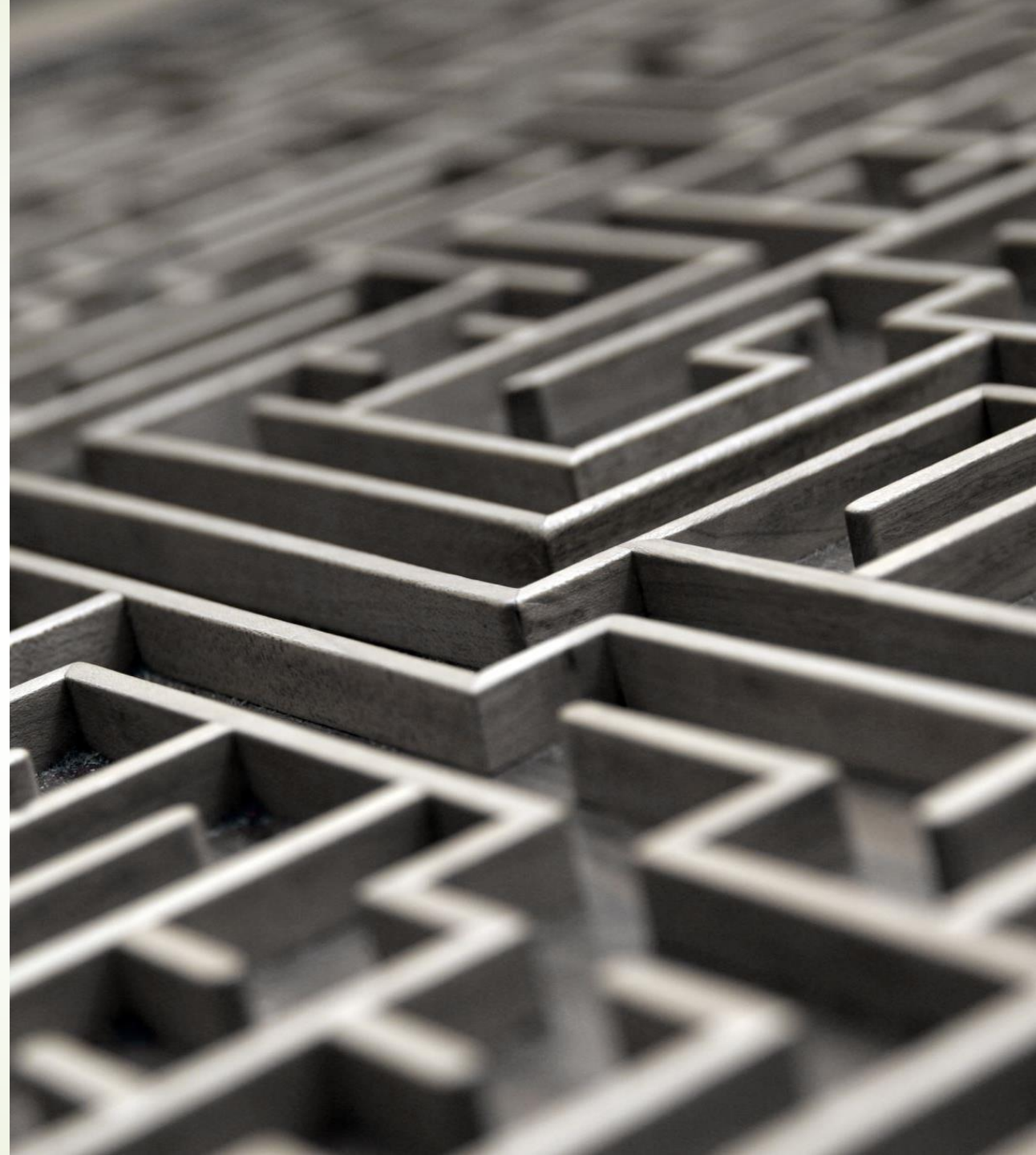
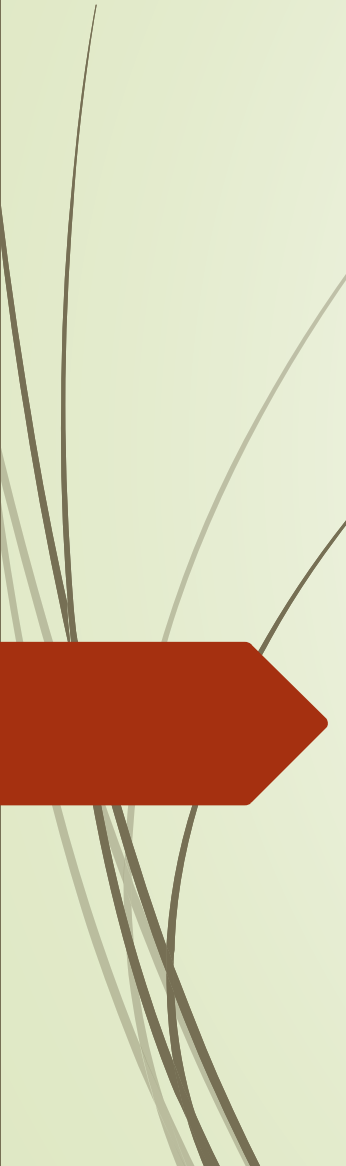

- ▶ Eat healthy foods. Choose foods lower in fat and calories and higher in fiber. Focus on fruits, vegetables and whole grains. Strive for variety to prevent boredom.
- ▶ Physical activity - 30 minutes of moderate aerobic activity on most days of the week, or at least 150 minutes a week.
- ▶ Lose excess pounds - If you're overweight, losing even 7% of your body weight — for example, 14 pounds (6.4 kilograms) if you weigh 200 pounds (90.7 kilograms) — can reduce the risk of diabetes.
- ▶ Focus on permanent changes to your eating and exercise habits. Motivate yourself by remembering the benefits of losing weight, such as a healthier heart, more energy and improved self-esteem.
- ▶ If you are diabetic make sure to take medications as prescribed and check blood sugar.
- ▶ Diabetes can be managed by diet and exercise.
- ▶ If you are taking medication for diabetes, proper use of medication along with a healthy diet and exercise can help blood sugar levels as well.



What
did
you
learn!



Posttest with
the same
questions was
taken and
then answers
were
revealed



1) Diabetes happens because of what?

c) Your body can't use blood sugar the way it should

When someone has diabetes, the body can't use the blood sugar or glucose properly.

2) What is a type II diabetic?

d) Happens when your body does not use insulin well

Type II develops over many years and is typically diagnosed in adults. This is when the body does not use insulin well and can not keep blood sugar levels normalized.

3) What is a type I diabetic?

a) Your body does not produce insulin

Type I is thought to be an autoimmune disease that stops the body from producing insulin.

4) What organ does not work right in Type I diabetes?

b) Pancreas

The pancreas makes insulin

5) Why is insulin important for your body to use blood sugar?


d) It keeps your sucrose levels normal

Insulin is a hormone made by the pancreas which circulates through out the blood stream.

6) People are at higher risk for which of these if their diabetes are not controlled?

- a) Heart disease
- c) Nerve Damage
- d) A and C

People with diabetes are more likely to develop heart disease and nerve damage than people who don't have diabetes.



7) Why are healthy diet and regular exercise important if you have diabetes?

b) Eating raises blood sugar; exercise lowers it

c) Being overweight can be dangerous for people with diabetes

d) B and C

Eating raises a person's blood sugar and exercising lowers it. Being overweight can make it difficult to control diabetes.

8) What destroys the cells that makes insulin?

a) Your immune system

It is unknown but, your immune system that works to fight off infection also destroys the insulin producing cells in the pancreas.



9) Which medication can raise blood sugar?

d) Steroid medicines

Oral, IV, and injectable steroids can raise your blood sugar no matter if you are a diabetic or not.

10) If your diabetes isn't controlled, which body part can it harm.

b) Eyes and Kidneys

c) Heart

d) B and C

Not only can diabetes cause eyes, kidneys, and heart issues but, it can also affect your gums, increases stroke risk, and lower-limb amputations.



11) What does insulin do

b) Helps cells take in blood sugar

Insulin helps your body use and store glucose

12) Which factor is an increase in risk to get type 2 diabetes?

- a) Obesity
- b) Race
- c) Inactivity
- d) All of the above

Being overweight ,lacking exercise and race increase the risk of type 2 diabetes. That is why it is important to eat healthy and exercise.

13) Who is at greatest risk to develop diabetes?


- b) Hispanics and American Indians/ Alaska Natives
- c) Non-Hispanic blacks
- d) B and C

Over the year's studies have shown that Hispanics, American Indians, Alaska natives, and Non-Hispanic blacks are at a higher risk than other groups to develop diabetes.

14) What is a possible symptom of type II diabetes?

- a) Skin infections that don't heal easily
- b) Fatigue and drowsiness
- c) Dry, itchy skin
- d) All of the above

Diabetes can also cause sexual dysfunction, urinating often, numbness/tingling in hands and feet.



15) Diabetes can only be managed by medicine?

b) False

Type 2 diabetes can be managed by diet and exercise.

16) How does exercise help people with diabetes?

- a) Improves oxygen flow
- b) Lowers insulin resistance
- c) Regulates blood pressure
- d) All of the above

Exercise makes it easier for insulin to move into cells and muscles uses more blood sugar while exercising.



References

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