Preventing and Managing Diabetes

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A disease in which blood glucose levels are above normal.

- The body doesn’t make insulin
- The body can’t use its own insulin as well as it should
29.1 million people have diabetes
  ◦ 1.7 million people > 20 years were diagnosed in 2012

86 million people have prediabetes
  ◦ 9 out of 10 people do not know they have prediabetes
  ◦ 15–30% will develop Type 2 Diabetes within 5 years
Diabetes in the United States

- $245 billion: total medical costs and lost work and wages for people with diagnosed diabetes.
- Medical costs for people with diabetes are twice as high as for people without diabetes.
- Risk of death is 50% higher in adults with diabetes than for adults without diabetes.
- Higher risk for developing serious health complications: blindness, heart disease, kidney failure, stroke, loss of toes, feet, and legs.
Can you really prevent diabetes?

» Depends…..
Type 1 Diabetes

- Auto-Immune disease: Beta cells in pancreas are destroyed.
- Can develop at any age...not just for kids anymore!
- No known way to prevent it.
- 5% of people with diabetes have Type 1 Diabetes.
Type 2 Diabetes

- The body cannot use insulin properly: insulin resistance.
- About 95% of people with diabetes have Type 2 Diabetes.
- More than 5,000 youth diagnosed each year in 2008 and 2009.
- Most cases could be prevented.
How do we prevent Type 2 Diabetes?
Risk Factors

- Age
- Family history
- Overweight/obese
- History of Gestational Diabetes
- Physical inactivity
- Ethnicity
Prevent or Delay Type 2 Diabetes

- Lose weight
- Eat healthy
- Be more active
The Diabetes Prevention Program (DPP) showed that losing a small amount of weight (5–7% of total body weight) delayed or possibly prevented diabetes.
Eat Healthy

Eat less saturated and trans-fat. Eat more fiber and whole grains. Eat more vegetables. Drink less soda and other sugary drinks. Drink more water. Watch your portions.
Aim for 30 minutes of moderate intensity exercise 30 minutes a day, 5 days a week. Weight training is also important.
Treating Diabetes
AADE 7 Self-Care Behaviors
Eating Healthier

- Monitor carbohydrate intake.
- Monitor fat intake.
- Fiber
- More whole grains.
- More vegetables.
- Sustainable lifestyle changes.
Aim for 30 minutes of moderate intensity exercise 30 minutes a day, 5 days a week.
Weight training is also important.
Establish a habit of physical activity.
Do what you enjoy.
Monitor Blood Glucose

- Achieve and maintain target blood glucose goals
- Determine the effects of physical activity, stress, food choices and portions.
- Detect hypoglycemia and hyperglycemia
- Make decisions about adjusting medications
- Adjust medications during illness
Taking Medications as Prescribed

- Know the name of the medication
- Have a general idea of how it acts in the body to treat diabetes
- When, how, and how much to take
- Common side effects and precautions
Problem–Solving

- Hypoglycemia
- Hyperglycemia
- Changes in usual schedule
- Sick days
Reduce Risks

- Annual screenings: eyes, cholesterol, foot, etc.
- Pre-conception planning
Healthy Coping

- Adjust to disease
- Deal with stress in positive ways
- Social support
Questions????
Resources

- Centers for Disease Control – www.cdc.gov
- American Association of Diabetes Educators – www.diabeteseducator.org