



Diabetes Facts

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The 2008 American Diabetes Association fact sheet reports that 8 percent of the entire American population has diabetes. Over 6 million Americans are living with un-diagnosed diabetes and 17.9 million are aware of their disease. Diabetes kills over 200,000 people a year. It is the seventh leading cause of death in the United States.

There are three types of diabetes:

- Type 1 - an autoimmune disease which generally appears in youth and young adults.
- Type 2 - insulin resistant disease generally in older adults (1 in 5 adults over 65). Adolescent and children are increasingly being diagnosed with type 2.
- Gestational – glucose intolerance from stress and pregnancy hormones which reduce insulin.

Increasing an earlier prediction, the Center for Disease Control now predicts that 48.3 million Americans will have diabetes by 2050. That is double the number of people living with diabetes today.

Diabetes is a serious disease with many possible complications. However, research has shown that people with diabetes can live long and healthy lives. The way to do this is by managing glucose levels with diet, exercise and proper medications.

How you eat is an important factor for those with diabetes. It is critical that you find ways to eat foods with lower amounts of sugar, sodium and fat. The foods we normally enjoy are enhanced with sugar, salt and fat to add flavor. When we minimize these substances we must make some modifications, finding new ways to flavor foods. Learning to use sugar substitutes, lower fat

and sodium products will make a difference to your blood sugar levels.

Serious Complications that Occur

- **Heart disease and stroke**
Adults with diabetes have heart disease death rates about two to four times higher than adults without diabetes. The risk of stroke is two to four times higher.
- **High blood pressure**
75% of adults with self-reported diabetes had blood pressure greater than or equal to 130/80 mmHg, or used prescription medications for hypertension.
- **Blindness**
Diabetes is the leading cause of new cases of blindness among adults aged 20 to 74 year.
- **Kidney disease**
Diabetes is the leading cause of kidney failure.
- **Nervous system disease (Neuropathy)**
Over half of people with diabetes have mild to severe forms of nervous system damage.
- **Amputation**
Amputation is often a complication from poor circulation and lack of extremity care.

Treatment and Care

Monitor glucose levels

- Daily glucose checks
- A1C a combination of blood glucose levels for a 2 to 3 month period. Maintain under 7%.

- eAG (Estimated Average Glucose) test or calculation from your A1C reports how well you are managing your diabetes. This correlation helps you understand the relationship to a daily glucose level.

Take prescribed medications

Maintain proper health care

- Regular doctor visits
- Oral mouth care
- Eye exams
- Extremities inspections

Maintain daily exercise

- 30 minutes a day

Maintain proper and healthy diet

- DASH diet
- Plate Method
- Exchanges
- Carbohydrate control
- Limit sugar, fat and sodium
- Watch portion size
- Increase fiber with whole grains, vegetables and fruits

Diabetes Warning Signs

- Intense thirst
- Increased urination
- Extreme hunger (especially after eating)
- Weight loss
- Numbness in hands or feet
- Blurred vision
- Extreme tiredness
- Dry mouth
- Cuts, bruises and gums slow to heal

Cost of Diabetes

\$174 billion: Total costs of diagnosed diabetes in the United States in 2007. Adding in pre, undiagnosed, and gestational diabetes cost is over \$208 billion.

References

Center for Disease Control

http://www.cdc.gov/diabetes/pubs/pdf/ndfs_2007.pdf

American Diabetes Association (2007)

<http://www.diabetes.org/diabetes-basics/diabetes-statistics/>

National Diabetes Center Clearinghouse (2007)

<http://www.diabetes.niddk.nih.gov/>

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