



Diabetes

Care, Management & Prevention



DIABETES MELLITUS DEFINED

A group of diseases that affect how your body uses glucose (blood sugar)

• Commonly called just "diabetes"

Review of Normal Body Function

- Sugar comes from the liver and food we eat.
- Sugar enters the bloodstream when the liver releases sugar and when sugar (glucose) is produced by eating food.
- When blood sugar goes up, the **pancreas** (the organ behind the stomach) releases the hormone **insulin**.
- **Insulin** acts as a "key" to allow sugar into cells where it can be used for energy.
- Once in the cells, sugar is used as fuel.

What's Different About Diabetes

- The body of a diabetic doesn't make enough insulin or can't use insulin well.
- Without enough insulin, too much blood sugar stays in the bloodstream.
- High blood sugar can cause heart disease, kidney disease, and vision loss.

DIABETES MELLITUS OVERVIEW

More than 30.5 million people in the U.S. have diabetes.

- Roughly 1 in 4 people don't know they have diabetes.
- More than 84 million people have prediabetes and 90% don't know it.
- Diabetes is the 7th leading cause of death in the U.S.
 - Each year, at least 80,000 people die due to diabetes or related complications.
 - The number of adults diagnosed has doubled in the last 20 years.

Historical Perspective

- **1500 BCE:** Diabetes is described in early medical writings.
- **120-200 CE:** The Greek physician Aetamus of Cappadocia calls the disease "diabetes," meaning "to sip or flow through," referring to increased flow of urine.
 - The Latin word *mellitus*, meaning "honeyed," is later added to indicate the presence of sugar in the urine.
- **1840s:** Dr. Paul Langerhans discovers **islets of Langerhans** in the pancreas.
 - It is later discovered that the pancreas is where insulin is produced, stored, and released.
- **1880s:** Oskar Minkowski and Joseph von Mering discover that when the pancreas of a dog is removed, the dog urinates more frequently, sugar appears in its urine, and the dog eventually dies.
- **1921:** A group of researchers isolates extract from islets of Langerhans, referred to as "**isletin**" and later known as insulin.
- **1923:** Dr. Frederick Grant Banting receives the Nobel Prize in medicine for insulin discovery.
- **Late 1940s-early 1950s:** Extensive research on diabetes resumes after World War II.
- **Mid-1960s:** The American Diabetes Association (ADA) finds that most people wrongly believe diabetes is relatively uncommon and easy to manage, with little effect on a person's life.
- **1974:** Congress establishes the National Commission on Diabetes to assess the impact of diabetes. It finds:
 - At least 10 million Americans have diabetes.
 - Diabetes is the 5th leading cause of death by disease.
 - Diabetes is the leading cause of blindness among people over 20.
 - **1975:** The estimated annual cost of diabetes in the U.S. is more than \$3 billion.
- **2008:** The National Clinical Care Commission (NCCC) is formed to evaluate and recommend federal programs for managing metabolic and autoimmune diseases due to insulin-related health issues.
- **2009:** The NCCC seeks written comments about federal diabetes prevention and treatment programs.

TYPES OF DIABETES

Type 1 Diabetes

- Type 1 diabetes was previously called **insulin-dependent** or **juvenile diabetes**.
- Type 1 diabetes is:
 - Caused by an autoimmune reaction.
 - The body attacks cells that make insulin, called **beta cells**.
 - Usually diagnosed in children and young adults.
- In type 1 diabetes, the body makes little or no insulin. Due to a lack of insulin:
 - Blood sugar can't pass into the cells to be used as fuel.
 - The blood sugar level increases and flows through the kidneys into the urine.
- Patients must take insulin to live.
- About 5% of people with diabetes have type 1.
- Risk factors include:
 - Family history of diabetes
 - Environmental factors (e.g., exposure to a viral illness)
 - Presence of diabetes autoantibodies, a type of cell in the immune system
 - Being Caucasian
- Currently there is no way to prevent type 1 diabetes.

Type 2 Diabetes

- Type 2 diabetes is also called **non-insulin-dependent diabetes mellitus (NIDDM)** and **adult-onset diabetes**.
- Type 2 diabetes:
 - Accounts for 90%-95% of all diabetes cases
 - Is usually diagnosed in middle-aged and older people
 - May be treated with diet and weight loss or medication (not insulin) that helps cells be more sensitive to insulin
 - Is believed to be caused mainly by lifestyle factors and genes but can be caused by damage to or removal of the pancreas, pancreatic cancer, certain medications, or hormonal diseases, including Cushing's syndrome, acromegaly, and hyperthyroidism
 - Is more likely to occur in people who:
 - Are 45 or older
 - Are overweight
 - Are physically active less than 3 times a week
 - Have a family history of diabetes
 - Have a history of heart disease or stroke
 - Smoke (smokers are 30%-40% more likely to have type 2 diabetes)
 - Had gestational diabetes during pregnancy
 - Have polycystic ovary syndrome (PCOS)
 - Had a baby weighing more than 9 pounds
 - Have high blood pressure
 - Have low HDL ("good" cholesterol) or high levels of triglycerides
 - Have depression
 - Are under physical stress, such as illness or surgery
 - Take certain medications, including steroids
 - Have an autoimmune disease
 - Had pancreatic surgery or an injury, infection, or tumor affecting the pancreas
 - Have dark, thick, "velvety" skin in their armpits or around their neck
 - Are African American, Hispanic/Latino, Native American, Alaskan Native, Asian American, Native Hawaiian, or Pacific Islander
- In type 2 diabetes, insulin is still made in normal or increased amounts, but it doesn't help the body use sugar properly.

Gestational Diabetes

- Gestational diabetes:
 - Is diabetes that occurs in pregnant women
 - Is believed to be caused by hormonal changes during pregnancy and genetic and lifestyle factors
 - Typically goes away after the baby is born
 - Increases the mother's and baby's risk of developing type 2 diabetes later in life
- The body becomes insulin resistant during late pregnancy due to hormones produced by the placenta.

Diabetes & School-Aged Children

More children are being diagnosed with type 2 diabetes every year. Inform school staff (e.g., teachers, school nursing staff, gym teacher, and dietary staff) if your child has diabetes.

Keep an adequate, readily available supply of instant sugar at school.

Prevent type 2 diabetes in children by encouraging them to:

- Drink water and fewer sugary drinks.
- Eat more vegetables/fruits.
- Do physical activities.

Diabetes Care Quickstudy Health

F Rizvi



Diabetes Care Quickstudy Health:

EMS Quick Study Guide , **Diabetes - Care, Management & Prevention** Jodi McCaffrey, Fache, Jody Grahn, 2020-05
Life improving handy guide to better health through management of diabetes and prevention for those who are pre diabetic which applies to 84 million Americans In 6 laminated pages everything from healthy eating habits to the importance of monitoring A1C level is provided succinctly and clearly so this lightweight durable guide can be stored easily and info can be accessed quickly Authors Jodi Grahn and Jodi McCaffrey MA FACHE a Fellow of the American College of Healthcare Executives writer for physicians urgent care centers and medical schools skillfully use experience and career knowledge to offer the most important facts you need in an inexpensive package to better your health 6 page laminated guide includes Diabetes Mellitus Defined Diabetes Mellitus Overview Types of Diabetes Symptoms of Diabetes Diagnostic Testing At Home Blood Sugar Checks Risk Factors for Type 2 Diabetes Diabetes Medications Complications Managing Diabetes Nutrition Meal Planning Exercise Diabetes When Sickness Strikes Stress Management Diabetes Prevention Diabetes Research Hope for the Future **Abridged Index Medicus** ,1996-10 **Cumulated Index Medicus** ,1996 **Diabetes Care** Jody J. Grahn, BarCharts Inc., Staff, 2002-10-11 Guide for description of diabetes and steps to caring for diabetes Includes test questions to determine if a person may have diabetes or may be susceptible to contracting it Chart includes detailed information on diabetes mellitus two types of diabetes mellitus diabetes test at risk weight chart diagnostic testing blood sugar testing goals of therapy tools needed choosing meal plans exercise diabetes diabetes medications complications of diabetes safety in diabetes when sickness strikes diabetes research **Acupressure Guide For Headache and Migraine Treatment** MobileReference, 2007 Headache is often due to build up of stress and tension Acupressure is an effective way to relieve painful sensation associated these conditions This guide by Aaron Stein PhD is based on over 5 000 years of Chinese practice of self acupressure Features Step by step guide to relieving headaches and migraines at 5 locations In the frontal region of the head frontal headache In the back of the head occipital headache On the side of the head temporal headache On the top of the head vertex headache Pain in the eye headache behind the eye Every step explains point location direction of force and duration of massage No previous experience necessary Total treatment duration 10 to 15 minutes How acupressure works Nobody knows how acupressure works Very often pain is caused by a self perpetuating mechanism pain causes the mind to be attentive to pain that in turn causes more pain and even more attention and so on Most likely acupressure works by interrupting this vicious circle How does acupressure interrupt the cycle Stimulation of active points is thought to lead to increased release of endorphins Endorphin is a natural body painkiller Endorphin and morphine are chemically different molecules but by coincidence they have very similar 3 dimensional shape This similarity in shape allows morphine to bind the endorphin receptor and reduce pain Thus endorphin released by acupressure stimulation may lead to temporal reduction of mind s attention to pain interruption of pain cycle and following complete cessation of pain

Congressional Record United States. Congress, 1969 The Congressional Record is the official record of the proceedings and debates of the United States Congress It is published daily when Congress is in session The Congressional Record began publication in 1873 Debates for sessions prior to 1873 are recorded in The Debates and Proceedings in the Congress of the United States 1789 1824 the Register of Debates in Congress 1824 1837 and the Congressional Globe 1833 1873

Medical and Health Care Books and Serials in Print ,1997 **Resources in Education** ,1992 **The Disappearing Patient** Margaret Drake, 2004-08 A southern occupational therapist works with a difficult patient who disappears She grapples with ties of home versus the draw of adventure and decides it is time to leave her hometown job and take a position in southern Alaska Getting there is an adventure she shares with her mother and her cat Traveling with a cat is always a challenge The lifestyle in Ketchikan differs dramatically from small town South The weather the water travel the small aircraft travel and Revillagigedo Island all provide new challenges She meets an interesting man and supportive colleagues The difficult patient reappears and complicates her life She outwits him when he threatens her very existence It turns out to have been a good job move and cultural adjustment

Diabetes Care Quickstudy Health Book Review: Unveiling the Magic of Language

In a digital era where connections and knowledge reign supreme, the enchanting power of language has become more apparent than ever. Its capability to stir emotions, provoke thought, and instigate transformation is actually remarkable. This extraordinary book, aptly titled "**Diabetes Care Quickstudy Health**," compiled by a very acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound effect on our existence. Throughout this critique, we shall delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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