

Diabetes Cheat Sheet

UNIQUELY
Mike

Types 1 Diabetes		Type II diabetes	
Caused by the autoimmune destruction of beta-cells in pancreas Patient cannot produce insulin on their own Discovered in younger patients usually Prone to diabetic ketoacidosis (DKA)		Caused by insulin resistance and insufficient insulin secretion, increase hepatic glucose production Linked to obesity, inactivity, & family history Most common type Prone to nonketotic hyperosmolar state (NKHS)	
Pre-diabetes		Gestational diabetes	
Increased risk for DM Treatment: lifestyle changes and metformin Annual monitoring required & Tx of CVD risks are needed		Diabetes that develops during pregnancy BG goals are more stringent If mom is uncontrolled, can cause baby to be macrosomia (large) + risk of hypoglycemia at birth and T2DM Treatment: lifestyle modifications then insulin	
Symptoms		Drugs that affect blood glucose	
Hyperglycemia	Hypoglycemia	Cause Hyperglycemia	Cause Hypoglycemia
Polyuria Polyphagia Polydipsia Blurred vision Fatigue	Shakiness Irritability Hunger Headache, Dizziness Confusion, blurred vision Weak/Sleepy Sweating (diaphoresis) Rapid Heartbeat	Beta blockers Fluoroquinolones Steroids (systemic only) Statins diuretics Immunosuppressants (cyclosporine/ tacrolimus) Protease inhibitors 2nd generation anti-psychotics	Linezolid Lorcaserin (Belviq) Octreotide (hyper- too) Pentamidine Quinine Beta blockers Fluoroquinolones
Diagnosis Criteria	Diabetes		
Pre-Diabetes A1C (%)= 5.7-6.4	Polyuria, polydipsia, polyphagia A1C greater than or equal to 6.5		
Lifestyle Modifications			
1. Reduce weight, blood pressure, and cholesterol DASH Diet Cholesterol control: any patient with diabetes and ASCVD or ASCVD risk >20% should receive a high intensity statin Blood pressure control: a goal of BP of <130/80 mmHg is appropriate for patients with diabetes and ASCVD 2. Smoking cessation 3. Goal is to lose 1 lb a week for safe weight loss and moderate exercise 150 minutes a week 4. Annual eye and foot exam yearly daily foot exams by patient 5. Vaccines (Flu, Pneumovax 23, Hep-B)			

Diabetes Cheat Sheet

J Dewey



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