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# ADULT HEALTH BULLETIN

MAY 2010

## THIS MONTH'S TOPIC: TYPE 2 DIABETES

**Diabetes in Kentucky**

**K**entucky ranks 7th among the states for having the most people with diabetes. One in every eight Kentuckians has either been told they have diabetes or they have diabetes and don't know it.

**What is diabetes?**

Diabetes is a very serious condition in which the blood glucose (sugar) levels are too high. The body does not use or produce insulin as it should. Produced by the pancreas, insulin is a hormone that is needed to change the sugar in certain foods into energy for the body. The most common form of diabetes in adults is called type 2 or adult onset diabetes. If the blood glucose levels stay too high for a long time, the eyes, kidneys, nerves, and blood vessels can be damaged. However, there are things that people with diabetes can do to help lower the chances of this happening.

**What is pre-diabetes?**

Pre-diabetes formerly called "borderline diabetes" is a condition where the blood glucose is higher than normal, but not enough to be diagnosed as diabetes. People with pre-diabetes will likely go on to develop diabetes and are at higher risk for a heart attack or stroke.

**Who gets diabetes?**

There are things that increase the chances of a person developing type 2 diabetes. Some of these are:

- Having pre-diabetes
- Having a family member with diabetes
- Being overweight
- Being inactive
- Being age 45 or older
- Having high blood pressure
- Being of a certain race—African Americans, Hispanics, Native Americans and some others are at higher risk
- Having polycystic ovarian syndrome
- Having diabetes during pregnancy (gestational diabetes) or a baby weighing more than 9 pounds at birth

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*See a health care professional as soon as any symptoms develop.*

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### What are the symptoms of diabetes?

Some people do not have any symptoms of their diabetes.

Some of the most common signs and symptoms include:

- Going to the bathroom often
- Being very thirsty
- Being extremely tired
- Being extremely hungry
- Experiencing unusual weight loss
- Having blurred vision
- Experiencing tingling or numb feet
- Having slow healing sores

### Can diabetes be prevented?

Studies have shown that type 2 diabetes can be prevented or delayed by losing weight and exercising. Even losing a few pounds and exercising moderately can help. There are also measures that will help prevent or delay the complications often seen in people with diabetes, such as heart disease, stroke, blindness, kidney disease, and nerve damage. One of the most important steps is to see a health care professional as soon as any symptoms develop and regularly once the diagnosis of pre-diabetes or diabetes has been made.

### How is diabetes treated?

Treatment may require medications for diabetes, losing weight, exercising, controlling blood pressure and cholesterol, and aspirin. It is very important for the person with diabetes to be actively involved in their own healthcare.

### What can be done to prevent complications?

These behaviors can help prevent complications from diabetes:

- Monitoring blood glucose at home
- Seeing a physician regularly
- Following a healthy eating plan
- Exercising moderately 30 minutes a day, 5 days a week
- Having A1C testing (2-4 times a year) by your doctor
- Having weight and blood pressure measured at each healthcare visit
- Having cholesterol and kidney tests done at least once a year by your doctor
- Having a foot examination at least once a year by a physician
- Having an eye examination once a year



- Seeing your dentist regularly
- Getting a flu shot once a year
- Getting a pneumonia shot at least once
- Quitting smoking

### GET MOVING KENTUCKY TIP:

The Dietary Guidelines for Americans 2010 sets recommendations for regular physical activity. Thirty minutes of moderately intense physical activity most days of the week can reduce your risk of chronic disease including type 2 diabetes. This activity should be in addition to what you would do in a normal day. Add a daily walk at lunch or try a new group activity, such as water aerobics or basketball.

#### SOURCES:

- The American Diabetes Association: <http://www.diabetes.org>
- Kentucky Diabetes Prevention and Control Program: <http://chfs.ky.gov/dph/info/dpqi/cd/diabetes.htm>
- National Diabetes Education Program <http://www.ndep.nih.gov/>

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## ADULT HEALTH BULLETIN MAY 2010

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