



Hanford Occupational Health Services


Diabetes: Prevention & Management

Health Education Services

(509) 376-3939

Diabetes

Definition: Disease that affects how your body uses blood glucose (blood sugar).



Diabetes: in dollars

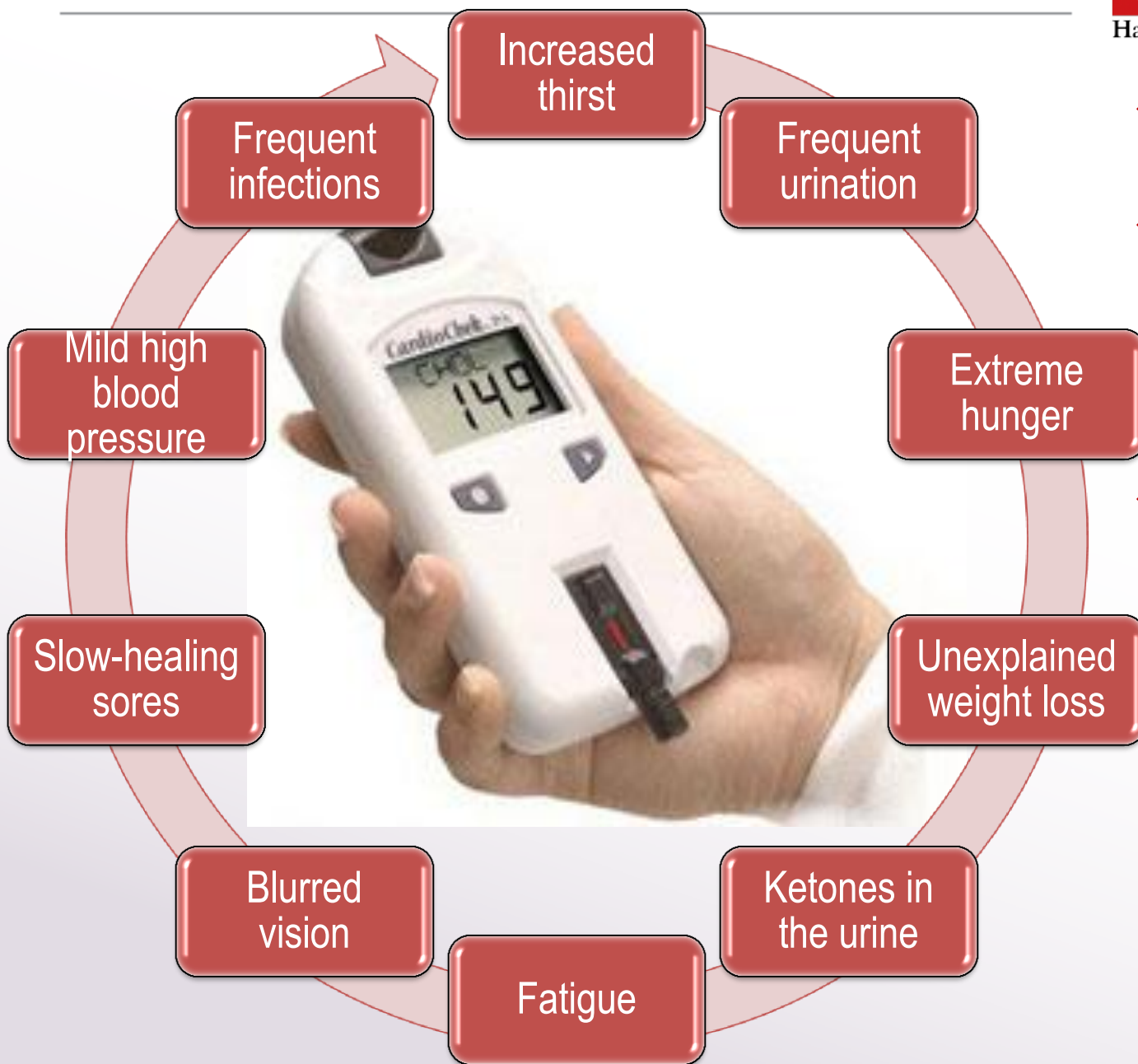
- ❖ More than 20 million people in the U.S. have diabetes (6%)
- ❖ More than 40 million people have prediabetes.
- ❖ Cost:
 - United States spends approximately \$132 billion each year on diabetes
 - \$92 billion in direct medical costs
 - \$40 billion each year in indirect costs because of missed work days or other losses in productivity
 - \$1 of \$4 Medicare dollars is spent on diabetes
- ❖ Diabetes is the 6th leading cause of death in the U.S.



Symptoms of Diabetes



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- ◆ Symptoms may vary.
- ◆ Those with Type 2 Diabetes or Prediabetes may not experience symptoms.
- ◆ Symptoms of Type 1 Diabetes tend to be quick and more severe.

Risk Factors for Type 2 Diabetes

- ◆ Weight
- ◆ Inactivity
- ◆ Family History
- ◆ Race
- ◆ Age
- ◆ Gestational Diabetes
- ◆ Polycystic Ovary Syndrome
- ◆ High Blood Pressure (140/90)
- ◆ Abnormal Cholesterol Levels
- ◆ High levels of triglycerides



Complications from uncontrolled blood sugar

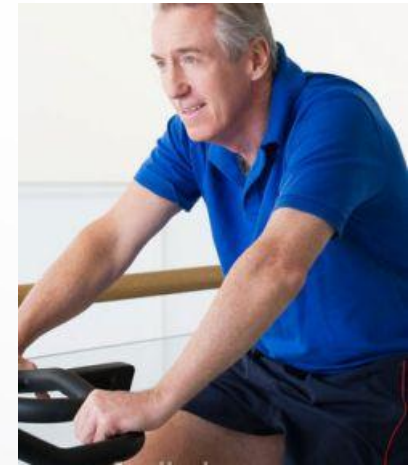
- ◆ Cardiovascular Disease
- ◆ Nerve Damage (neuropathy)
- ◆ Kidney Damage (nephropathy)
- ◆ Eye Damage (retinopathy)
- ◆ Foot Damage (minor wounds can lead to serious infection)
- ◆ Skin/Mouth Conditions
- ◆ Brain Problems (increase risk of Alzheimer's)
- ◆ Cancer



Testing for Diabetes

◆ Who should be tested?

- Anyone with a BMI over 25 with additional risk factors (any age)
- Anyone over the age of 45
 - Note: If initial tests are normal, be screened every 3 years



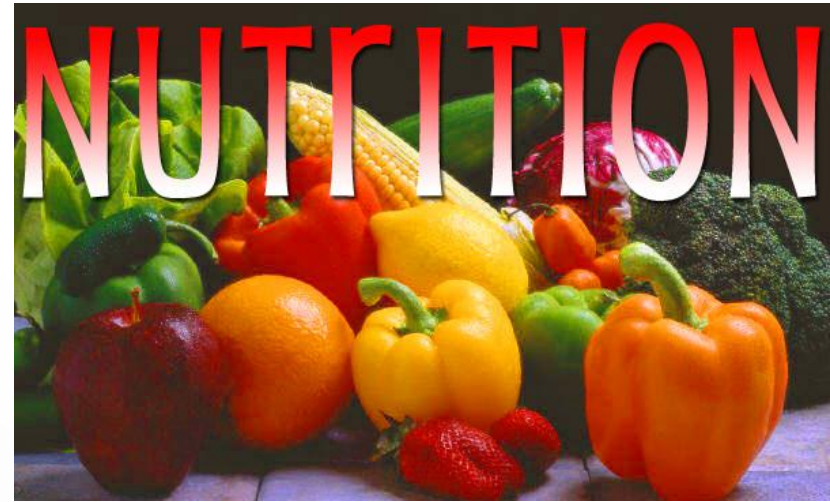
Types of Tests

- ◆ A1C Test: average blood sugar level for past 2-3 months
 - A1C of 5.7-6.4% suggests prediabetes
 - A1C of 6.5% or higher (on 2 separate tests) indicates diabetes
- ◆ Random Blood Sugar Test: taken regardless of last food
 - 200 mg/dL or higher suggests diabetes
- ◆ Fasting Blood Sugar Test: 8-12 hour fast
 - 100-125 mg/dL indicates prediabetes
 - 126 mg/dL indicates diabetes



Treatment

- ◆ Healthy Eating
 - Fruits, vegetables, whole grains, lean protein
 - Limit saturated fats, processed foods, sugar, sodium
- ◆ Healthy Weight
 - 5-10% weight drop can significantly help
- ◆ Physical Activity
 - 150 minutes per week MINIMUM
- ◆ Blood Sugar Monitoring
- ◆ Medications



Other lifestyle changes

- ◆ Schedule an annual physical
- ◆ Schedule an annual eye exam
- ◆ Keep immunizations up-to-date
- ◆ Pay attention to your feet
- ◆ Control blood pressure/cholesterol
- ◆ Take care of your teeth
- ◆ Quit tobacco
- ◆ Limit alcohol use
- ◆ Manage stress



LEARN

The word 'LEARN' is written in large, 3D red block letters. A black mouse cursor is positioned over the letter 'A', with a thin black line extending from the cursor towards the word.

◆ Diabetes Support Group

- When: the 3rd Wednesday of each month (except November & December)
- Time: 5-6 pm
- Where: Columbia Basin College Health Science Center
891 Mansfield (room 249)
Richland, Washington
- For information, call 942-2620.



For questions or to set up an appointment
with a Certified Health Coach for one-on-
one assistance, please contact:

HEALTH EDUCATION SERVICES
376-3939