

HPMC OCCUPATIONAL  
MEDICAL SERVICES

# Diabetes: Prevention & Management

Health Education Services

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## What is Diabetes?

Diabetes is a group of diseases marked by high levels of blood glucose (sugar) resulting from problems in how insulin is produced, how insulin works, or both.



# Diabetes Statistics

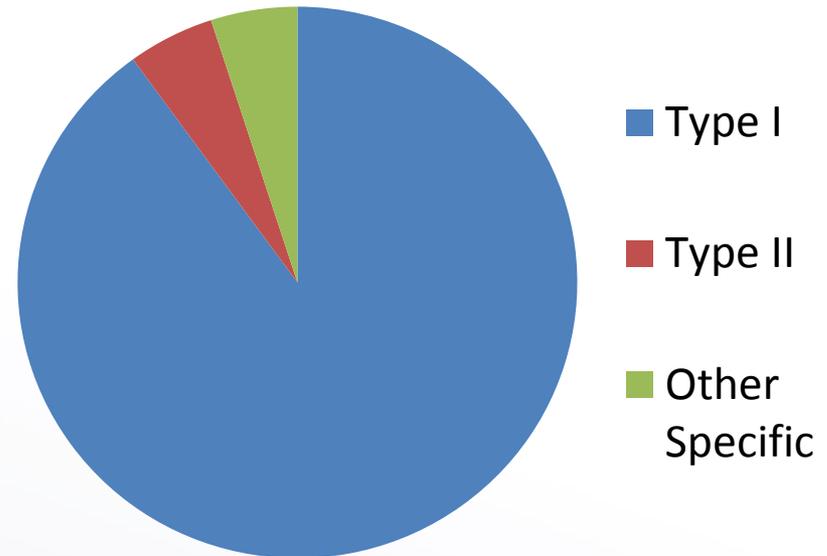
- ◆ 29.1 million people have diabetes in the United States (9.3% of population or 1 out of 11 people)
  - 21 million people are diagnosed
  - 8.1 million people are un diagnosed
  
- ◆ Estimated cost of diabetes in the United States \$245 billion
  - \$176 billion in direct medical costs
  - \$69 billion in indirect costs (work loss, disability, premature death)
  - Medical costs of people with diabetes is twice as high as those without diabetes
  
- ◆ 50% higher risk of death in individuals with diabetes vs those without



## Types of Diabetes

- ◆ Type I: formerly called insulin dependent diabetes or juvenile-onset diabetes. Makes up 5% of diagnosed cases
- ◆ Type II: formerly called non-insulin – dependent or adult-onset diabetes. Accounts for 90-95% of diagnosed cases
- ◆ Gestational Diabetes: found only in pregnant women, 2 to 10% of pregnant women develop gestational diabetes
- ◆ Other specific types: resulting from genetic syndromes, surgery, drugs, illness, or infection. Accounts for 1 to 5% of diagnosed cases

**Diagnosed Case Types**



## Risk Factors for Type II Diabetes

- ◆ Older age
- ◆ Obesity
- ◆ Family history of diabetes
- ◆ Physical inactivity
- ◆ Race/ethnicity
- ◆ High blood pressure
- ◆ Abnormal cholesterol
- ◆ Previously having gestational diabetes



# Symptoms

Symptoms may vary but may include:

- ◆ Frequent urination
- ◆ Excessive thirst
- ◆ Unexplained weight loss
- ◆ Extreme hunger
- ◆ Sudden vision changes
- ◆ Tingling or numbness in hands or feet
- ◆ Feeling fatigued majority of the time
- ◆ Very dry skin
- ◆ Sores that are slow to heal
- ◆ More infections

Individuals with Type II or prediabetes may not experience symptoms



# Testing for Diabetes

## ◆ Who should be tested?

- Anyone with BMI over 25 with an additional risk factor
- Anyone over the age of 45
  - If initial tests are normal, get rescreened every 3 years

## ◆ Types of tests?

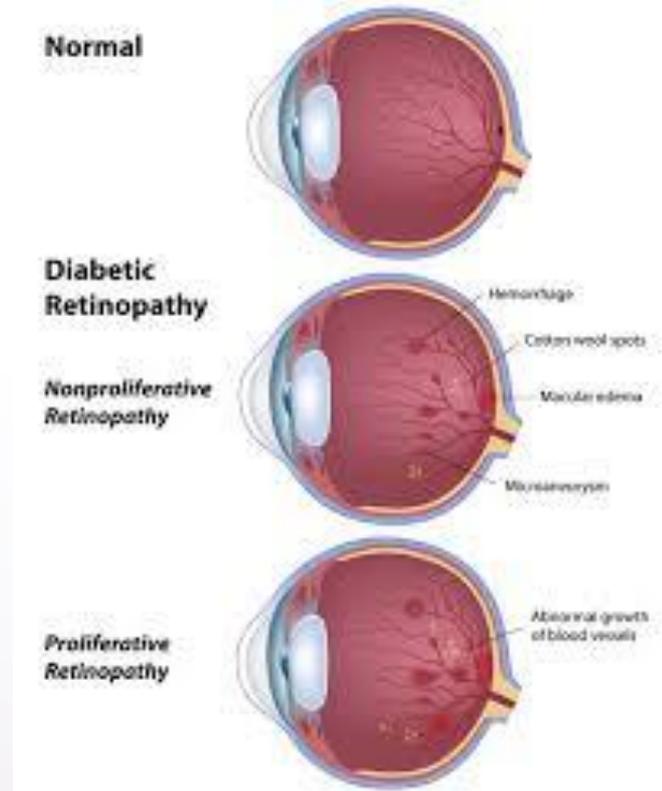
- A1C Test: average blood sugar level for past 2-3 months
  - 5.7-6.4% suggests prediabetes
  - 6.5% or higher on 2 or more tests suggest diabetes
- Random Blood Sugar Test: taken regardless of last food
  - 200 mg/dL or higher suggests diabetes
- Fasting Blood Sugar Test: 8 to 12 hours of fasting
  - 100-125 mg/dL indicates prediabetes
  - 126 mg/dL or higher suggests diabetes



# Complications

When blood sugar is not properly controlled it can lead to long-term complications including:

- ◆ Cardiovascular disease
- ◆ Nerve damage
- ◆ Kidney damage
- ◆ Eye damage
- ◆ Foot damage
- ◆ Skin conditions- infections
- ◆ Hearing impairment



# Treatment

Treatment depends on the type of diabetes you have. Some treatments may include:

- ◆ Insulin
- ◆ Oral medications



All types of diabetes benefit from:

- ◆ Healthy eating habits
- ◆ Regular physical activity
- ◆ Monitoring blood sugar
- ◆ Maintaining a healthy weight
- ◆ Normal visits to your doctors
- ◆ Managing stress
- ◆ Limiting alcohol use
- ◆ Quitting tobacco use



# Kadlec Diabetes Learning Center

## ◆ Diabetes Support Group

- When: 3<sup>rd</sup> Wednesday of each month (excluding November and December)
- Time: 5 to 6pm
- Where: Columbia Basin College Health Science Center
  - 891 Mansfield (Room 249) in Richland, WA

For more information call 942-2620

For additional questions or to set up a one-on-one health coaching appointment, please contact:

Health Education Services

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