

TYPE 2 DIABETES

What is diabetes? Insulin, a hormone that is naturally made by the pancreas, is no longer made in type 1 diabetics, and no longer works correctly in type 2 diabetics. When you ingest food, digestion breaks down carbohydrates into sugars, taken up by the blood, and moved to the organs/muscles for energy. Insulin helps move sugar from the blood into the cells. When it isn't present or working correctly, the blood sugar becomes high. Elevated blood sugar in both type 1 and type 2 diabetes increases your risk for other health problems. Over time, high blood sugar levels (uncontrolled diabetes) can harm many parts of the body.

Once someone is diagnosed with diabetes, or high blood sugar (hyperglycemia), it is important to **keep it under control to prevent complications**. Sometimes the initial diagnosis isn't found until a complication has already occurred if one does not seek **regular wellness care**, meaning a patient had been living with diabetes for many years without treating it.

Over time, high blood sugar levels (uncontrolled diabetes) can harm many parts of the body.

These include:

1. **Eye/retina:** potentially leading to vision loss (blindness)
2. **Heart and brain:** atherosclerosis (clogged arteries) in the, leading to heart attack and stroke
3. **Kidney disease:** potentially leading to kidney failure and needing dialysis
4. **Peripheral vascular disease:** leading to poor circulation in the feet and possible amputation
5. **Erectile dysfunction** in men (impotence)
6. **Feet:** neuropathy (nerve damage) can lead to loss of sensation causing numbness

How medications work: some help the body release more insulin. Some lower the amount of sugar the liver makes. Some help insulin work better in muscle and fat. Insulin injections replace insulin no longer made by the body.

What you can do to prevent complications, besides following your diet and exercise plan and taking your medications as prescribed:

Every **visit** with your doctor: weight, blood pressure, and foot exam need to be checked

Every **year:** Cholesterol profile including HDL, LDL, triglycerides
Urine for microalbuminuria
Retinal eye exam
Dental exam
Flu shot

Every **3-6 months:** Hemoglobin A1c = long-term blood sugar, or average over 3-4 months.

At least **once** at age 65: pneumonia vaccine

Have you reviewed?

Meal plan/diet, exercise plan/activity, low/high blood sugar, glucometer testing, aspirin therapy, foot care, Injecting insulin correctly, syringe disposal, stress management, sick day management



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A1c test = average blood sugar over 3-4 months. Goal < 7.0

Every diabetic should know when their last A1c was and what the result was!

If it was above 7, what was the plan to improve diabetic control and prevent complications?
When are you due to have it checked again to see if you are closer to your goal?

How to compare to the readings from your glucometer or lab testing:

A1c of 5% = average blood glucose (mg/dL) is 100 over 3-4 months

6.0 = 135

6.5 = 152

7.0 = 170

8% = 205

9% = 240

10% = 275

11% = 310

12% = 345

13% = 380

Foot care Do's and Don'ts:

Do: Wear shoes or slippers at all times

Don't: go barefoot

Do: Keep skin soft, put lotion on top and bottom of feet

Don't: Let feet get dry and cracked

Do: Use only lukewarm water

Don't: use hot water

Do: Wear comfortable shoes

Don't: Wear torn or tight shoes

Do: Wear socks or hose

Don't: Wear tight socks that leave marks

Do: Look and feel feet daily for open sores, cuts, or color changes

Don't: Use corn medicines or razors.

Do: Have feet checked by your doctor or podiatrist

Don't: use heating pads, hot water bottles or iodine; they can cause harm

Do: Keep feet dry, especially between toes; use powder if needed

Don't: Cut off calluses or use other sharp instruments that can cause infection

