

SPECIAL POINTS OF INTEREST:

- What is Diabetes?
- What are the symptoms of Diabetes?
- Recently Diagnosed with Diabetes?
- How do I prevent Diabetic complications?
- Any suggestions for talking to my doctor?

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What is Diabetes Anyway?

What is Diabetes?

Diabetes Mellitus (MEL-ih-tus) or simply diabetes is a condition in which a person has high blood sugar (glucose) levels in their blood. Their body is not producing insulin or is not using insulin correctly. Insulin is a hormone that your pancreas produces to help turn sugar and starch into energy.

Pre- Diabetes:

79 Million Americans are pre-diabetic, meaning that they have blood sugar levels that are higher than normal but not high enough to be considered a diabetic.

Type I Diabetes:

Type I diabetes was previously called Juvenile Diabetes because it affects mostly children and

young adults. Five % of the US population has type I diabetes. In this type of diabetes, the body loses its ability to make insulin. Insulin is a hormone needed to convert sugar and starch into energy for the body. The primary treatment for people with type I diabetes is to give them insulin. This requires one or more "shots" per day.

Type 2 Diabetes:

In type 2 diabetes the body either doesn't produce ENOUGH insulin or the body cells may be IGNORING the insulin that is being produced by the pancreas. Either way, the body can not convert enough sugar and starch into energy for the rest of the body.

People with type 2 diabetes are treated with medicines that help their bodies make more insulin or overcome their resistance to it.

Gestational Diabetes:

Gestational diabetes is the same disease in principle, it just affects a different population, pregnant women. A normal pregnancy is about 40 weeks. At about 28 weeks of pregnancy women are tested for gestational diabetes. Gestational diabetics may not be able to produce insulin OR their bodies may not be able to use insulin. They need medication to keep their blood sugars under control.

For more information about diabetes, visit the American Diabetes Association at:

<http://www.diabetes.org/>



Increased thirst can be a symptom of diabetes.

Symptoms of Diabetes

Type 1:

- *Frequent Urination
- *Increased Thirst
- *Increased Hunger
- *Weight Loss
- *Extreme Fatigue and Irritability

Type 2:

- *May have no symptoms at all
- *Same Symptoms as Type 1
- *Frequent Infections
- *Blurred Vision
- *Cuts and Bruises that are slow to heal
- *Tingling hands and feet
- *Reoccurring infections

<http://www.diabetes.org/diabetes-basics/symptoms/>

“According to the American Diabetes Association, 1.9 million new cases of Diabetes were diagnosed in 2010.”

2/3 of the residents of Ontario County have an increased risk of Cardiovascular disease.

Recently Diagnosed with Diabetes?

According to the American Diabetes Association, 1.9 million new cases of Diabetes were diagnosed in 2010.

Hearing your doctor say that you have diabetes can cause feelings of denial,

anger, even guilt in any patients. **You are not alone.** This issue of The Diabetes Newsletter is dedicated to you!

Where do I start?

Start with your Diabetes Care Team. This team consists of your doctor, dietician, pharmacist and dia-

betic educator or nurse.

Know your resources and use them. We are fortunate to live in an area with wonderful diabetic educations in all 3 of our Ontario County hospitals. Most insurance plans will pay for a Diabetic Educator with a doctor’s referral. Contact your insurance company.

Introducing CHOO



Did you know that 1/3 of the residents of Ontario County have an increased risk of Cardiovascular Disease?

Choose Health Ontario

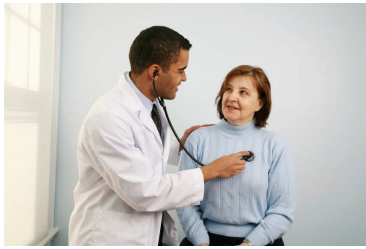
(CHOO) is an initiative supported by the Ontario County Health Collaborative that promotes increased health and wellness among

the citizens of Ontario County. The collaborative is comprised of representatives from Public Health, Clifton Springs Hospital, Thompson Health, Finger Lakes Health, and other community partners. The train logo invites everyone to “get on board” and live a healthier life style.

For those who don’t have diabetes, prevention is within your reach.

For those who do, eating a healthy diet, exercising, and checking blood sugars regularly are your keys to great health!

Advice from Alice (Our Health Educator)



Being diagnosed with any type of diabetes can have a profound emotional impact. It is a serious chronic disease that can be life-threatening.

Don't let this diagnosis slow you down! It is healthier to look at diabetes as a call to action. Diabetes is one major chronic disease that we really do have some control over.

Diet and exercise can do much to control this disease. Taking medications that are prescribed and testing blood sugars are other tools to

keep you in control..

Having a positive attitude and being proactive in caring for your health can make this one chronic disease that need not slow you down!



“174 Billion Dollars was the total cost for diagnosed Diabetes in 2007”
American Diabetes Association

Preventing Complications

Having diabetes may mean that you need to visit more than just your primary doctor. Uncontrolled high blood sugar levels can cause other medical problems.

Complications could affect your eye sight, the circula-

tion in your feet, heart health, hearing, and oral health.

Ophthalmologist: Visit regularly to prevent Glaucoma, Cataracts, and Retinopathy.

Podiatrist: To test for Neuropathy (loss of sensation to your feet), prevent calluses or foot ulcers, and to provide nail care.

Dentist: To prevent gum disease.

Audiologist: To detect hearing issues.

Primary Care Doctor: To adjust

Talking To Your Doctor

Your doctor is your partner in good health.

There are tools that can help you communicate with your physician to insure that you receive the best care.

Be a good communicator
Find a doctor that you feel

comfortable talking to. Be honest, ask all important questions first, and stick to the point. Share **ALL** your symptoms with your doctor.

Three is not always a crowd
Consider bringing a friend to help you remember your

questions.

Keep Notes:

- Of your concerns
- Of your doctor's answers
- Of your blood sugars

<http://www.nia.nih.gov/HealthInformation/>



Bring ALL medications and supplements to the doctor's appointment with you.



Write down questions prior to the appointment. Ask the most important questions first.

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Resources for Diabetes

Looking for more resources? Visit:

American Diabetes Association:

<http://www.diabetes.org>

Center for Disease Control,

<http://www.cdc.gov/diabetes/consumer/>



Ontario County Public Health recognizes the increase in individuals newly diagnosed diabetes and encourages county residents to decrease their risk of type 2 diabetes through healthy eating habits and an active life style.

For further information pertaining to Chronic Disease Prevention, please contact:

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