

MEDPOINT
HEALTH CARE CENTRE

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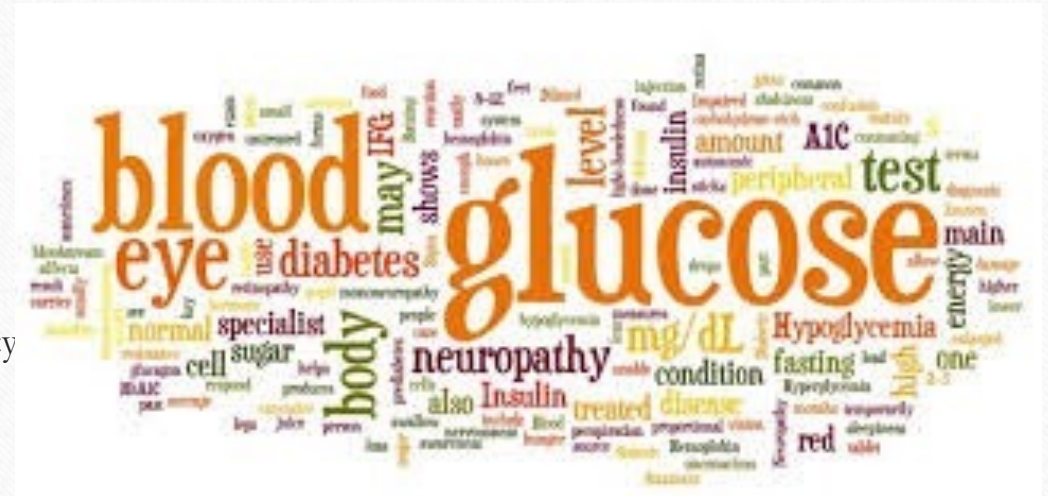
Brose Wellness Talks

DIABETES

What is Diabetes

Diabetes is a condition where the body either does not make enough insulin or is unable to use the insulin it creates. Your body needs insulin to create energy from sugars consumed in diet. There are three main types of Diabetes:

- Type I
 - The body makes little to no insulin
- Type II
 - The body can produce insulin but unable to use it
- Gestational Diabetes (Pregnancy induced)
 - The body unable to properly use insulin during Pregnancy
 - Resolves after baby is born



Are you at risk?

- ✓ I am 40 years old or older
- ✓ Diabetes runs in my immediate family (Dad, Mom, Brother, Sister and/or children)
- ✓ Either or both of my parents are Aboriginal, African, Asian, Hispanic, or South Asian
- ✓ I have been told I have prediabetes
- ✓ I am a woman who had gestational diabetes during pregnancy
- ✓ I am a woman and at least one of my babies weighed 9lbs or more
- ✓ I have heart disease (history of heart attacks, strokes, TIA (mini-strokes))
- ✓ I have kidney, nerve or certain eye conditions that are associated with diabetes
- ✓ I am overweight
- ✓ I carry my excess weight around my belly
- ✓ I have high blood pressure
- ✓ My good cholesterol (HDL) blood level is low
- ✓ I have high triglycerides
- ✓ I have any of the following:
 - Obstructive Sleep Apnea
 - Depression
 - Bipolar disorder
 - Schizophrenia
 - HIV infection
 - Polycystic ovary syndrome
 - Acanthosis nigricans
- ✓ I take certain medications including:
 - Anti-inflammatory steroids
 - Antipsychotic medications

Are you at risk?

- TAKE THE TEST!



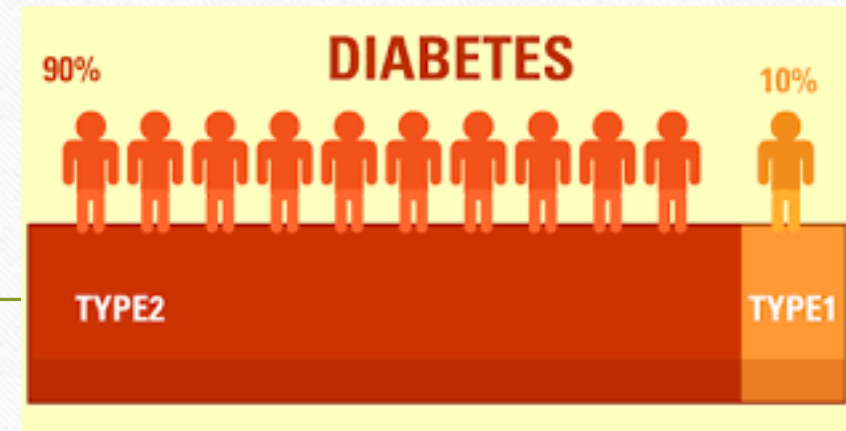
Prediabetes



- Blood glucose levels that are higher than normal, but not high enough to fit into type II diabetes diagnosis
 - Fasting blood sugar = 6.1-6.9 or HgA1C 6.0%-6.5%
- Body's "early alert system"
 - If you make lifestyle changes now, you can delay or prevent Diabetes type II
- Research shows that some long term complications associated with Diabetes, such as heart disease, may begin during Prediabetes

Type II Diabetes

- 90% of people with Diabetes have Type II
- Pancreas stops producing insulin and/or the body becomes resistant leading to elevated blood sugars
- Symptoms:
 - Unusual thirst or hunger, unexplained weight loss, frequent urination, extreme fatigue or loss of energy, blurred vision, frequent or recurring infections, cuts or bruises that are slow to heal, tingling or numbness in hands or feet



Type II Diabetes

- Management
 - Blood glucose testing (up to 4-8 times per day)
 - Medication
 - Diabetic diet
 - Maintaining healthy body weight
 - Regular physical activity



Type II Diabetes – Complications

Uncontrolled Blood Glucose will lead to complications such as:

- Kidney disease
- Eye disease and blindness
- Foot damage
- Skin conditions
- Hearing impairment
- Alzheimer's disease
- Nerve pain and damage
- Heart disease (heart attack and stroke)
- High blood pressure
- Digestive problems
- Erectile dysfunction

Prevention is the key



- Everyone over 40 should have fasting blood sugar tested (every 3 years)
- High risk adults should be screened sooner (and more frequently)
- Get physically active
 - Health Canada recommends at least 150mins of moderate to vigorous intensity aerobic physical activity per week (30 mins 5x/wk)
 - Regular physical activity helps your body control blood sugars

Prevention cont....

- Controlling blood sugars through diet
 - Eating small frequent meals throughout day
 - Limit sugar intake (especially refined sugars)
 - Limit foods high in saturated fats (fried, processed, sweetened)
 - Eat more high fiber foods (whole grains, lentils, beans, brown rice, fruits and vegetables)
 - Drink water (avoid excess caffeine, sugary drinks and juices)
 - Drink alcohol in moderation (2 drinks/day, no more than 10/wk for woman and 3 drink/day, no more than 15 drinks/wk for men)

*Alcohol can make blood sugars much more difficult to control and increases other health risks





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- 2, 3 and 5hr Medicals
 - Screening blood work
- Registered Dietician
 - Counselling to prevent/delay/cope with Diabetes
- Personal Training
 - Work with Medpoint physicians, nurses and dieticians to develop a customized workout to prevent/manage diabetes

Resources

- ❖ Canadian Diabetes Association - <http://www.diabetes.ca>
 - ❖ CANRISK questionnaire - <http://guidelines.diabetes.ca/screeninganddiagnosis/casestudy04>
- ❖ Health Canada - <http://hc-sc.gc.ca/hc-ps/dc-ma/diabet-eng.php>
- ❖ Medpoint Health Care Centre – <http://www.Medpoint.ca>
- ❖ St Josephs Diabetes Education Centre - <https://www.sjhc.london.on.ca/diabeteseducation>
- ❖ Mayo Clinic - <http://www.mayoclinic.org/diseases-conditions/diabetes/basics/definition/con-20033091>

QUESTIONS??

If you have any further questions in regards to this presentation today please
contact me via email

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