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Diabetes



Prediabetes: A1c under 6.5%

Diabetes affects millions of people living in the United States today. Currently there are 86 million people with Prediabetes, or 1 in three people. 9 out of 10 people don't even know that they have it. People affected by prediabetes are being given an early warning sign to take care of their health. There is an opportunity to avoid prediabetes turning into Type 2 diabetes with weight loss, changes in diet, and increased daily activity.

Diabetes: A1c above 6.5%, blood glucose over 126 mg/dL on two or more occasions.

Type 1 Diabetes:

Type 1 diabetes is an autoimmune disorder in which virtually all of the cells in the pancreas that produce insulin are destroyed. People diagnosed with Type 1 diabetes are on insulin beginning at the time of diagnosis and must take it for life. It is also called juvenile onset diabetes or insulin dependent diabetes. Those that have it are born with it, or usually are diagnosed with it up until age 20. Symptoms include: increased thirst, increased hunger, increased urination, sudden weight loss, feeling very tired.

LADA: Latent Autoimmune Diabetes in Adults

LADA, also known as Type 1.5 diabetes, is late onset of type 1 diabetes in adults. It is diagnosed by a simple blood test looking at whether the pancreatic cells are producing any insulin, and also autoimmune markers. Typically the person is thought to have Type 2 diabetes first, which continues for approximately 6 months or so, then suddenly needs insulin. Age of onset is typically early 30s.

MODY: Maturity Onset of Diabetes of the Young

This type of diabetes develops before age 25. It is similar to Type 2 diabetes in that it may be treated with diet, or tablets and doesn't always need insulin to treat it. It typically runs in families because of a single gene that is passed on from generation to generation. All children of an affected parent have a 50% chance of developing it themselves.

Type 2 Diabetes

Type 2 diabetes is also known as non-insulin dependent diabetes. It is the most common type of diabetes. This type is a progressive wearing out of the pancreas over time. There are about 29.1 million people with type 2 diabetes in the United States today, or 1 in 11 people. 1 in 4 people don't know they have it. Type 2 diabetes typically appears at age 30 or older. It can be managed if blood glucose levels are kept under control. Eating a healthy diet, achieving and maintaining a healthy weight, increasing your activity so that you have at least 30 minutes per day 5 days per week above and beyond your typical work and home life activities, and monitoring your glucose and if taking medication taking it as prescribed all help to keep type 2 diabetes under control.

There is no cure for diabetes, but it can be managed by keeping your blood sugar at a healthy level. If it is not kept under control it can destroy blood vessels in your brain, eyes, heart, kidneys, and limbs. It can also destroy nerve endings in the feet.

You need a medical team to advise and support you. But keeping it under control depends on YOU. What you do every day determines what your blood sugar level will be. It is common for your treatment plan to change over time because your diabetes changes over time. Controlling your blood sugar may take some time, but if you work at it you will achieve your goals and keep your blood sugar within target range, avoid complications and feel your best!

Goals: for those who have Diabetes:

A1c: 7% or below

Glucose levels: Fasting between 80-130 mg/dL 1-2 hours after meals: under 180 mg/dL