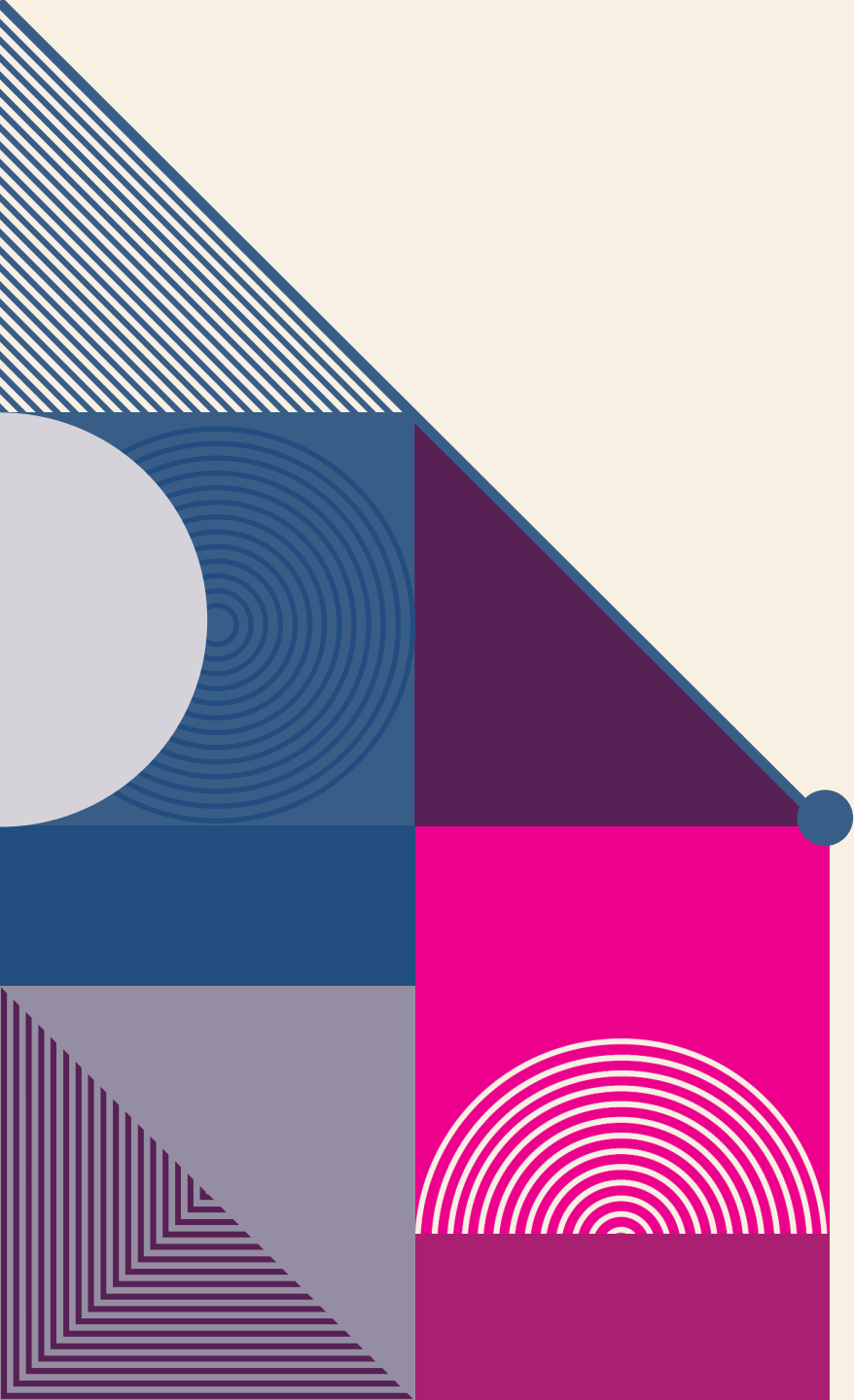
An abstract geometric design on the left side of the slide. It features a dark blue background with various shapes and patterns: a white circle in the top left, a grey semi-circle, a pink and purple striped triangle, a pink square with a white grid pattern, and a purple triangle. The design is separated from the text by a white diagonal line.

INTRO TO DIABETES

Dr. Callie Cheatham

Brooke Army Medical Center



INTRODUCTION

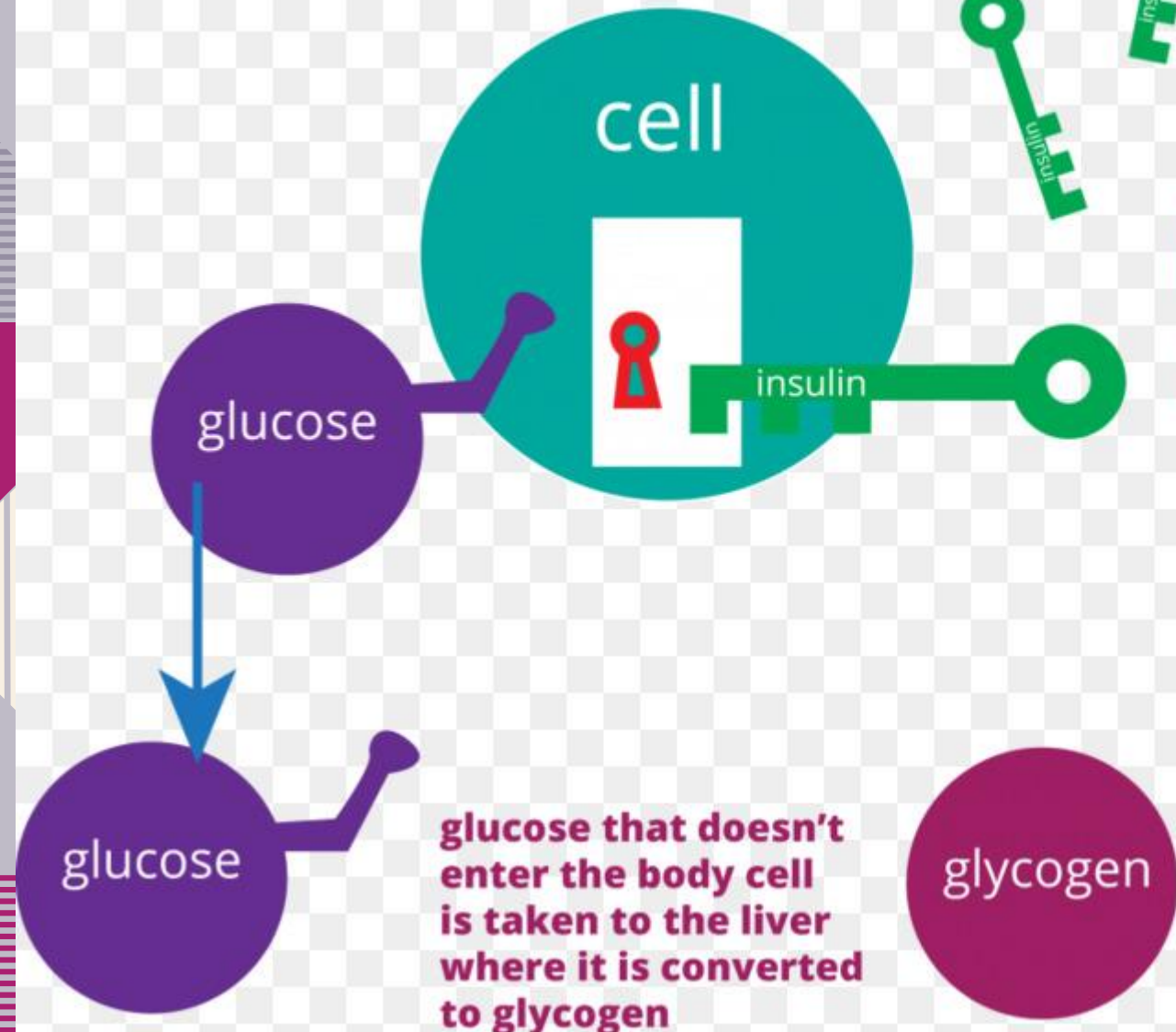
- What is Diabetes?
- Screening
- Prevention
- Treatment
- Support



WHAT IS DIABETES?

- Absolute or relative insulin deficiency
- Insulin is a hormone responsible for allowing your body to use the energy you give it through food (glucose)
- Because glucose cannot be used by your cells, it builds up in your bloodstream
- Over time, this can lead to heart disease, stroke, kidney disease, poor vision or blindness, etc.

insulin resistance causes the lock to get all gummed up and the body sends more and more insulin trying to get it open



the more the pancreas has to work overtime to create extra insulin, the sooner it will wear out and quit working.

glucose that doesn't enter the body cell is taken to the liver where it is converted to glycogen



WHAT IS DIABETES

- Type 1 Diabetes: autoimmune destruction of the pancreas, absolute insulin deficiency
 - Usually presents in childhood
 - When presents in adulthood, can be slower onset and is called Latent Autoimmune Diabetes in Adults (LADA)
 - Treatment is insulin
- Type 2 Diabetes: insulin resistance
 - Can present at any age
 - Higher risk with obesity, high blood pressure, high cholesterol, family history
 - Treatment can vary from oral to injectable medications or insulin

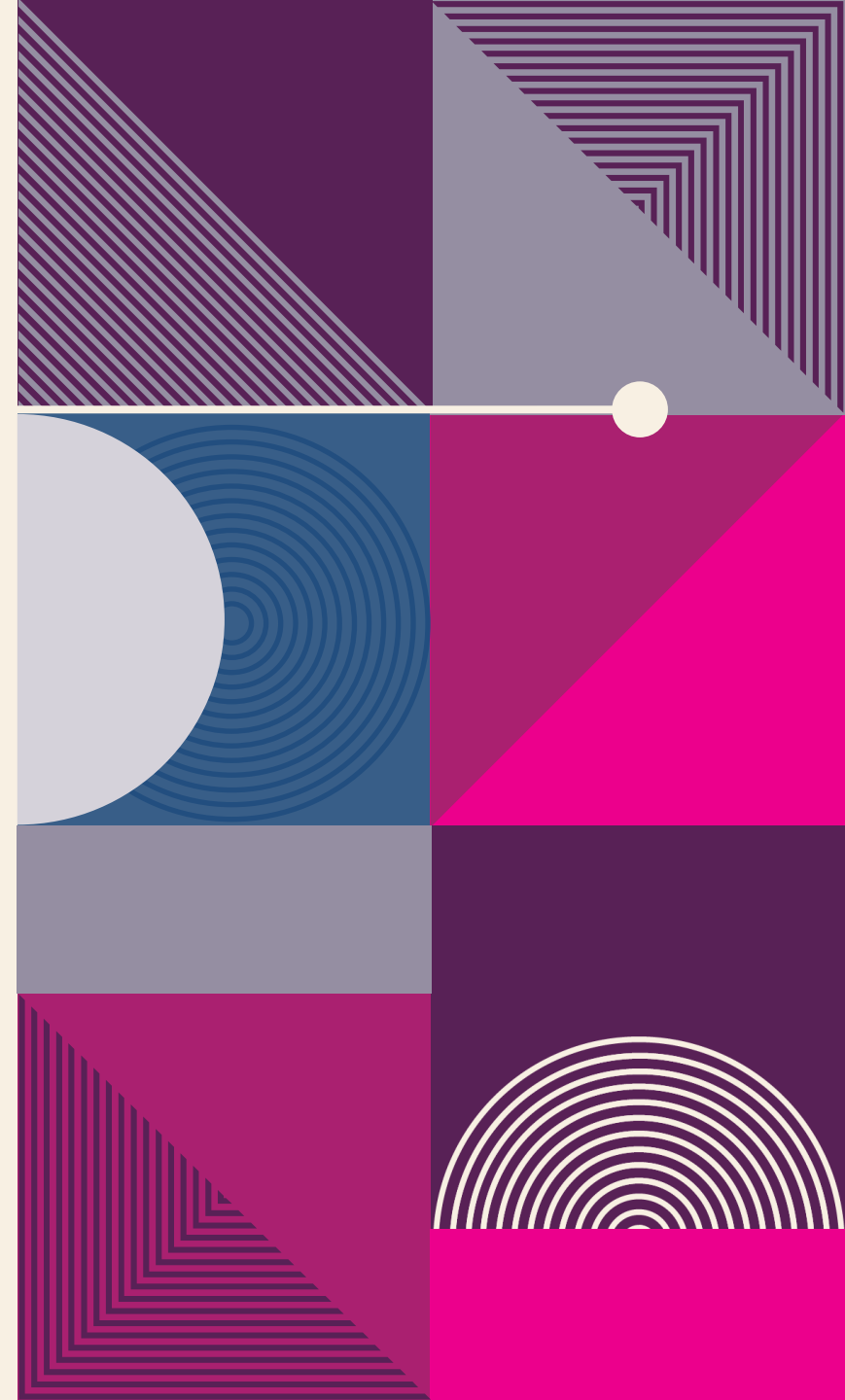


WHAT IS DIABETES

- Prediabetes: insulin resistance without significant glucose elevation
 - Precedes type 2 diabetes
 - Best time to make changes to prevent or delay development of diabetes
- Gestational Diabetes: development of diabetes during pregnancy in women without previous diagnosis
 - Usually resolves after delivery
 - Increases your lifetime risk of developing diabetes

SCREENING

- 96 million Americans have prediabetes according to the CDC (1 in 3 adults!)
- 37.3 million Americans have diabetes (11.3% of population)
- You should be evaluated for diabetes at least every 3 years if:
 - Overweight or obese (BMI above 25)
 - First degree relative with diabetes
 - History of cardiovascular disease (heart attack, stroke)
 - High blood pressure or high cholesterol
 - Women with polycystic ovarian syndrome (PCOS)
 - Physical inactivity
 - History of gestational diabetes
 - History of HIV



PREVENTION

- Weight loss
- Increased activity/exercise
- Decrease carbohydrates in your diet
- If you are high risk, consider:
 - Talking to your doctor about how to prevent
 - Visit www.cdc.gov/diabetes to take a risk quiz and get resources for prevention
 - Visit with a nutritionist



PREVENTION

You Can Prevent Type 2 Diabetes—Get Started Today!

If you have prediabetes, a CDC-recognized lifestyle change program is one of the most effective ways to prevent getting type 2 diabetes. It can help you lose weight, become more active, and prevent or delay type 2 diabetes. To learn more, visit [Why Participate?](#)

If you're not sure if you're at risk, take this [online test](#) or ask your health care professional about getting a blood sugar test.

A print version of the [Prediabetes Risk Test](#)  [PDF – 263 KB] is also available.

Learn More

- [Why Participate](#)
- [Take the Risk Test](#)
- [Find a Lifestyle Change Program](#)
- [Program Details for Participants](#)



TREATMENT

- Oral Medications:
 - Metformin - helps your body respond to insulin better and decrease glucose production
 - SGLT2-inhibitors (Jardiance) - helps your body urinate out more glucose, reduces risk of heart and kidney disease
- Injectable Medications:
 - GLP1-agonists (Trulicity, Ozempic, Mounjaro) - helps your body make more insulin, slows down food leaving your stomach, can cause weight loss and reduce risk of heart disease
 - Insulin - necessary when your body cannot make enough even with the assistance of other medications or in setting of type 1 diabetes
- Insulin Pumps: Can be used in type 1 and type 2 diabetes, administers insulin continuously

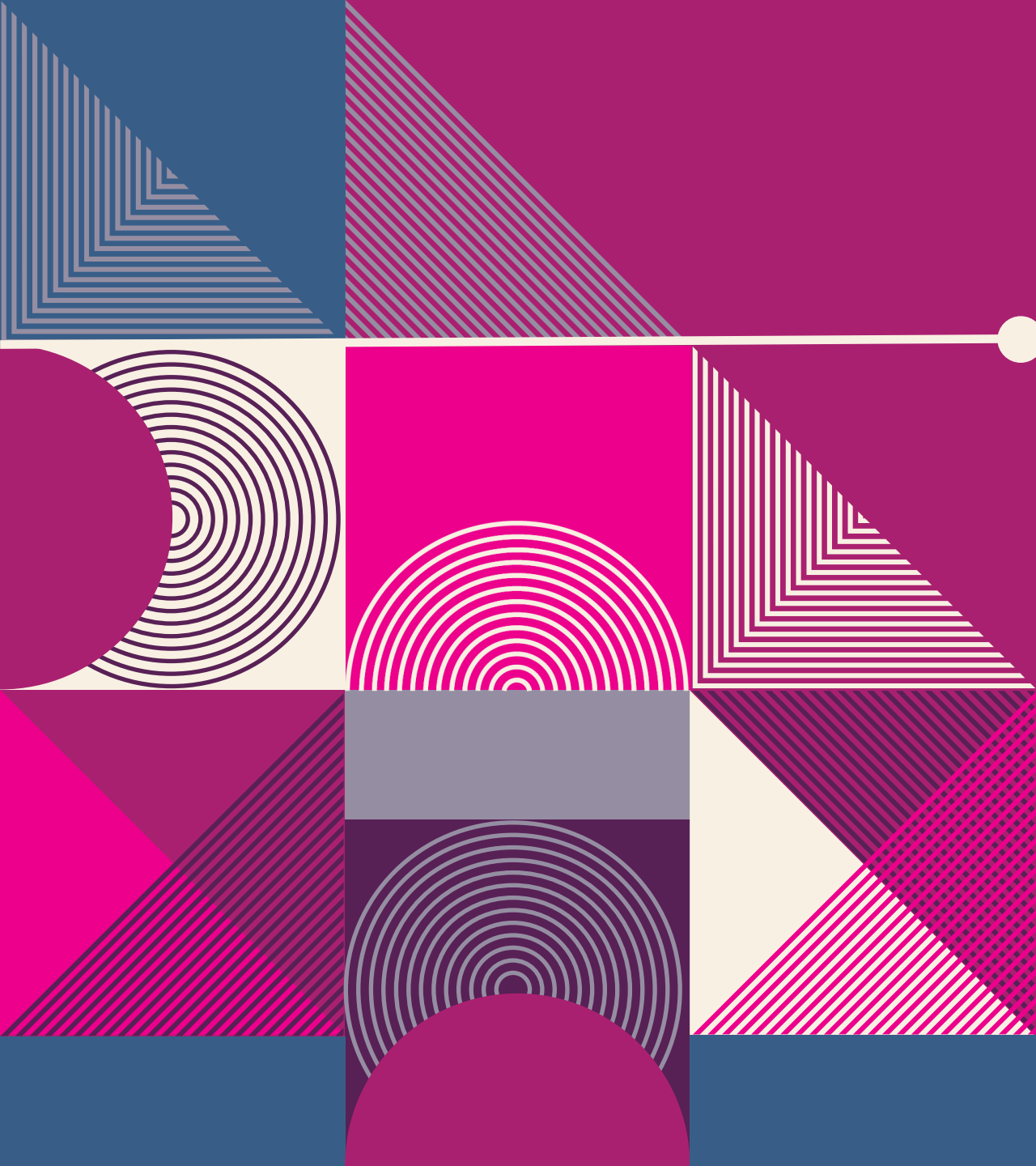
SUPPORT

You are not alone!

If you are struggling with the burden of managing diabetes, reach out to friends, family, or your healthcare team for support.

Diabetes is treatable and you can continue to live a full and active life!





THANK YOU!



REFERENCES

ElSayed NA, Aleppo G, Aroda VR, et al. 2. Classification and Diagnosis of Diabetes: Standards of Care in Diabetes-2023 [published correction appears in *Diabetes Care*. 2023 Feb 01;:] [published correction appears in *Diabetes Care*. 2023 Sep 1;46(9):1715]. *Diabetes Care*. 2023;46(Suppl 1):S19-S40. doi:10.2337/dc23-S002

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