



November Yelm Family Medicine Patient Newsletter



COMMITTED TO YOUR HEALTH AND OUR COMMUNITY

IN THIS ISSUE

American Diabetes Month

Make it your time to take charge of your type 1 or type 2 diabetes for a longer, healthier life.

Preventive care for people with diabetes—and for the risk factors that cause related health problems—has improved significantly over the past 20 years, and people are living longer and better with the disease. But living longer can mean having other health problems longer, too. Good management over a lifetime is the key, starting with the day you're told you have diabetes.

Get in the Know

There are three main types of diabetes: type 1, type 2, and gestational diabetes (diabetes while pregnant). gestational diabetes (diabetes while pregnant). With type 1 diabetes, your body can't make insulin, so

you need to take insulin every day. Type 1 diabetes is less common than type 2 diabetes; about 5% of the people who have diabetes have type 1. Currently, no one knows how to prevent type 1 diabetes.

More than 29 million people in the United States have diabetes, but 1 out of 4 don't know they have it. Most people with diabetes—9 out of 10—have type 2 diabetes. With type 2 diabetes, your body doesn't use insulin well and is unable to keep blood sugar at normal levels. If you have any of these risk factors, ask your doctor if you should be tested for diabetes. The sooner you find out, the sooner you can start making healthy changes that will benefit you now and in the future.

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**We will be closed on
Thanksgiving
Thursday November
24th**

**Daylight Saving Time
Ends**

**November 6th - First
Sunday in November**

**Remember to turn your clocks
back 1 hour before going to bed
Saturday night.**

Don't Forget!



Clocks

F A L L

back this weekend

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Risk factors include

- Being overweight.
- Being 45 years or older.
- Having a parent or sibling with type 2 diabetes.
- Being physically active less than 3 times a week.
- Ever having gestational diabetes or giving birth to a baby that weighed more than 9 pounds.

Race and ethnicity also affect your risk. African Americans, Hispanic/Latino Americans, American Indians, Pacific Islanders, and some Asian Americans are at particularly high risk for type 2 diabetes in your BRCA genes. You've Been Diagnosed with Diabetes. Now What?

Learning how to take care of your type 2 diabetes shouldn't happen only when you're diagnosed; it should be a lifelong focus. And as you get older, your treatment may need to change. Managing diabetes from the beginning can mean fewer health problems later on.

It's a balancing act—food, activity, medicine, and blood sugar levels—but one you can master. Manage your diabetes throughout the day by

- **Following a healthy eating plan**, including eating more fruits and vegetables and less sugar and salt.

- **Getting physically active**—10 to 20 minutes a day is better than only an hour once a week.
- **Taking diabetes medicine** as prescribed by your doctor.
- **Testing your blood sugar** regularly to understand and track how food, activity, and medicine affect your blood sugar levels.

Know Your ABCs

Work with your doctor to manage your diabetes ABCs, and keep a record of your numbers. Results will help determine if your treatment plan is working and you're able to stay in your target range—for example, an A1C of 7% or less—or if adjustments need to be made. Staying on track will help lower your risk of additional health problems.

- **A**—the **A1C** test, which measures average blood sugar over 2 to 3 months.
- **B**—**blood pressure**, the force of blood flow inside blood vessels.
- **C**—**cholesterol**, a group of blood fats that affect the risk of heart attack or stroke.
- **S**—**stop smoking** or don't start.

Prevent Complications

People with type 1 or type 2 diabetes are at higher risk for

serious health complications, including

Heart disease and stroke: People with diabetes are twice as likely to have heart disease or a stroke as people without diabetes, and at an earlier age.

Blindness and eye problems: Diabetic retinopathy (damage to blood vessels in the retina), cataract (clouding of the lens), and glaucoma (increase in fluid pressure in the eye) can all result in vision loss.

Kidney disease: High blood sugar levels can damage the kidneys over time, long before you start to feel bad.

Amputations: This means you could lose a foot or leg. Diabetes causes damage to blood vessels and nerves, particularly in the feet, and can lead to serious, hard-to-treat infections.

Amputation may be necessary to keep the infection from spreading.

But good blood sugar control can help you avoid or delay these serious health complications, and treating complications as soon as possible can help prevent them from getting worse.

