

TYPE 2 DIABETES

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Statistics

- # 285 Million people worldwide are living with diabetes
 - # One in four people in Australia either has diabetes or Impaired Glucose tolerance
 - # Every seven minutes in Australia another person is diagnosed with Diabetes
 - # Type 2 diabetes costs Australia 3 billion dollars per year
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Why Diabetes

- # Diabetes is a build up of glucose in the bloodstream
 - # A hormone - insulin which is released from the pancreas finely controls the level of glucose in the blood stream
 - # If insulin is not produced in sufficient amounts glucose fails to reach the muscles to provide energy-Diabetes
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Contributing factors

- # Weight-obesity “honey tummy”
 - # Age- was previously seen in people >50years now seen in younger people
 - # Genes- family history
 - # Ethnicity-Aboriginals: Torres Strait Islanders
 - # Hypertension; High cholesterol; Gestational diabetes Polycystic ovary disease & smoking
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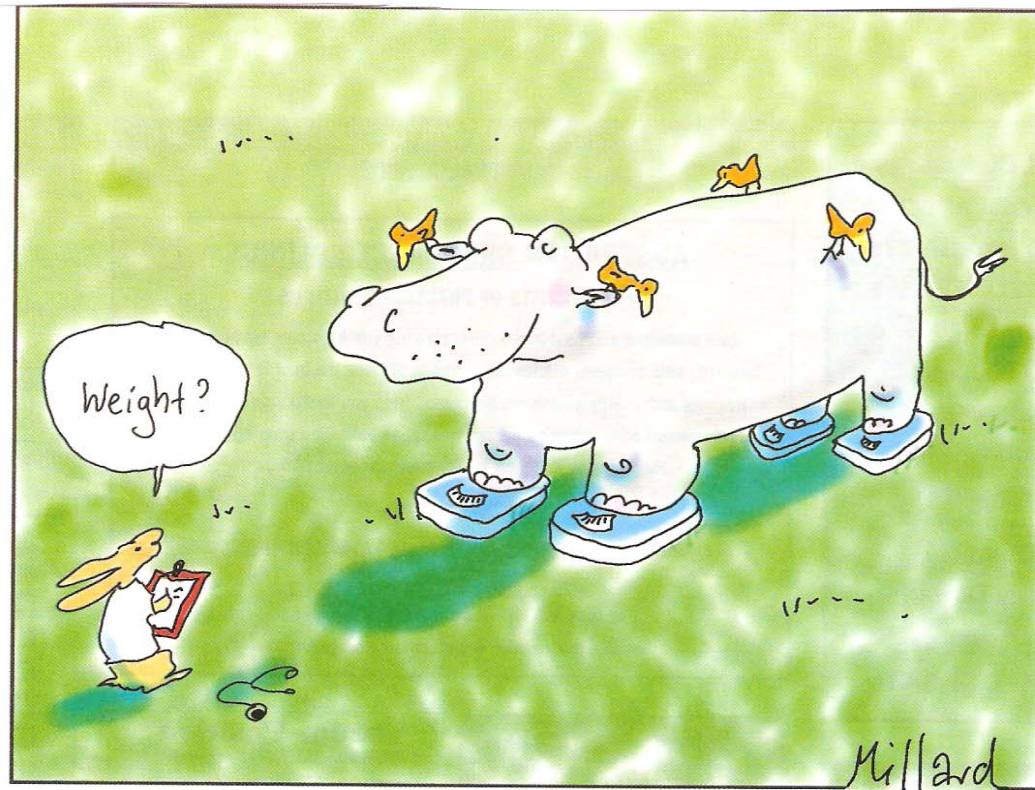
Signs & Symptoms

- # Sometimes none
 - # Tiredness or lack of energy
 - # Increased thirst & urine output
 - # Blurred vision
 - # Dry skin recurrent infections & rashes
 - # Tingling in feet & fingers
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Nutrition

- # Eat regular meals and don't skip breakfast
 - # Choose low fat options when you can
 - # More wholegrain cereals and legumes
 - # Lean meats; chicken and oily fish more often
 - # Eat at least 5 servings of fruit & vegetables per day
 - # Follow normal alcohol guidelines
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Which scale ?



Physical Activity

- # Regular physical activity improves blood flow around the body
 - # Controls weight & regulates blood sugar levels
 - # Reduces the risk of heart attack & stroke
 - # Reduces stress anxiety & depression
 - # Strengthens bones improves balance & flexibility
 - # Improves sleep patten
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Complications

Microvascular:

- # Nerve damage
- # Kidney damage
- # Eye damage

Macro vascular:

- # Heart disease
 - # Stroke
 - # Peripheral vascular disease
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Pharmacology

- # Cholesterol lowering medication
 - # Blood pressure medication
 - # Aspirin
 - # Diabetes medication
 - # Insulin
 - # OTC medications
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The Health Team

- # Local Doctor
 - # Diabetes Educator/Dietitian
 - # Podiatrist
 - # Optometrist
 - # Endocrinologist
 - # Dentist
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Case Study

- # 37 yr old male diagnosed 2002- Type 2
 - # BMI 28
 - # Weight 97kgs
 - # Family history & hypertension
 - # Medication & sometimes insulin
 - # Aim to regain control of BGL's
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Case Study

- # Pt had several excuses for not testing
 - # No exercise. Work was priority
 - # Unmotivated. "I'm ok attitude"
 - # Self managed/poor compliance
 - # Insulin commenced-when pt remembered
 - # Several complications
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Diabetes can have many challenges

