

Diabetes Education in the E.R.



What is Diabetes?

Chronic condition characterized by the body's high sugar levels in the body

Insulin: hormone produced by pancreas that regulates amount of glucose in the blood

Type 2 Diabetes

- occurs when the body does not respond well to insulin
- Can be managed with lifestyle modifications
- Can be prevented with lifestyle changes & healthy habits



Causes & Effects

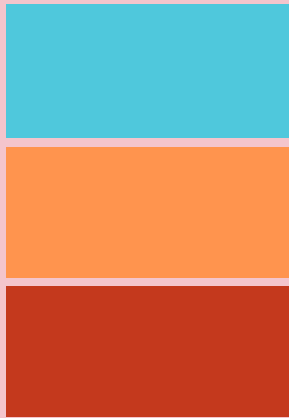
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- Genetics
 - Health Conditions
 - Lifestyle Factors

- High Blood Sugar
- Low Blood Sugar
- Nerve Damage
- Heart Attack
- Stroke
- Permanent Loss of Vision

The higher your HgBA1C is, the higher your risk of suffering one or more of the following complications above.

What are A1C Tests?

simple blood test that measures average blood sugar levels over the past 3 months

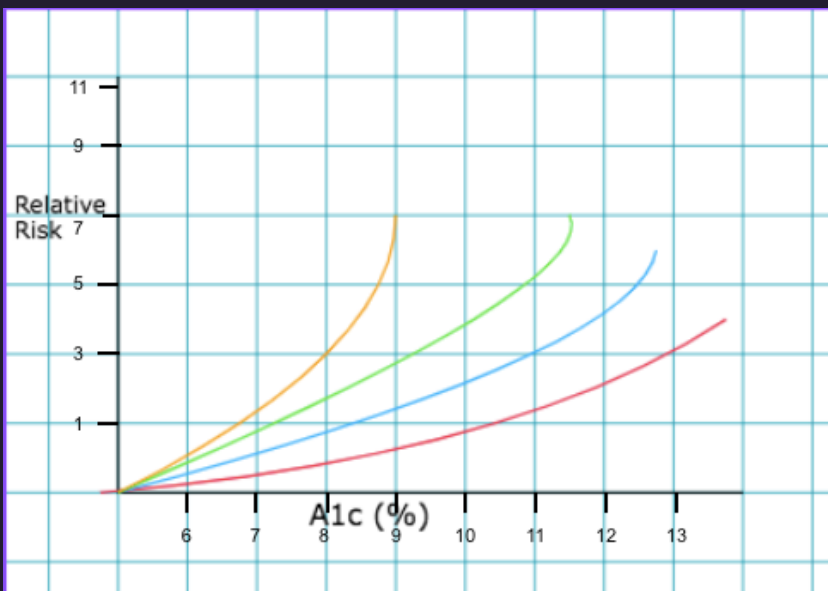






Normal (less than equal to 5.6)

Prediabetes (5.7 - 6.4)

Diabetes (6.5+)

A1C Tests vs Relative Risks for Complications



-  Cardiovascular Disease
-  Retinopathy
-  Nephropathy
-  Neuropathy

*Retinopathy:
disease of the
retina
Nephropathy:
kidney damage
Neuropathy: nerve
damage