

FOCUS_{on}health

Physicians Caring for Kentucky

DIABETES

A Leading Cause of Death in KY, U.S.

The percentage of Kentucky adults diagnosed with diabetes jumped more than 63 percent from 2000 to 2013. The number rose from 240,000, about 6.5 percent of the adult population, to around 359,000, about 10.6 percent of the population, according to the Behavioral Risk Factor Surveillance Survey (BRFSS).

The disease is deadly. In 2011, Kentucky ranked eighth in the death rate due to diabetes. Kentucky surpassed the national rate of 21.7 deaths per 100,000 residents with 1,236 deaths – an age-adjusted rate of 25.8 deaths per 100,000 residents, according to the Kentucky Diabetes Report 2015.

Diabetes is one of the leading causes of death and disability in the U.S. In 2013, it was the seventh leading cause of death in Kentucky and across the country. The disease – both type 1 and type 2 – is also associated with long-term complications. It's the leading cause of adult blindness, end-stage kidney disease and nontraumatic lower-extremity amputations.

It also increases your risk for other diseases; people with diabetes are twice as likely to have coronary heart disease and stroke than people who don't suffer from the disease, according to the Kentucky Diabetes Report 2015.

But if you suffer from diabetes, you can prevent, delay or reduce complications with physical activity, dietary interventions and, when necessary, medications to control diabetes.

DIABETES IN KENTUCKY



About 353,000 Kentucky adults have diabetes.

That's about **1** out of every **9** adults.

353
THOUSAND

PRE-DIABETES IN KENTUCKY

About 289,000 Kentucky adults have pre-diabetes.

That's about **1** out of every **12** adults.

Source: Kentucky Diabetes Report 2015



289
THOUSAND

Maintain a Healthy Diet



Learning how to eat right is an important part of controlling your diabetes. Here are some tips from the Centers for Disease Control and Prevention:

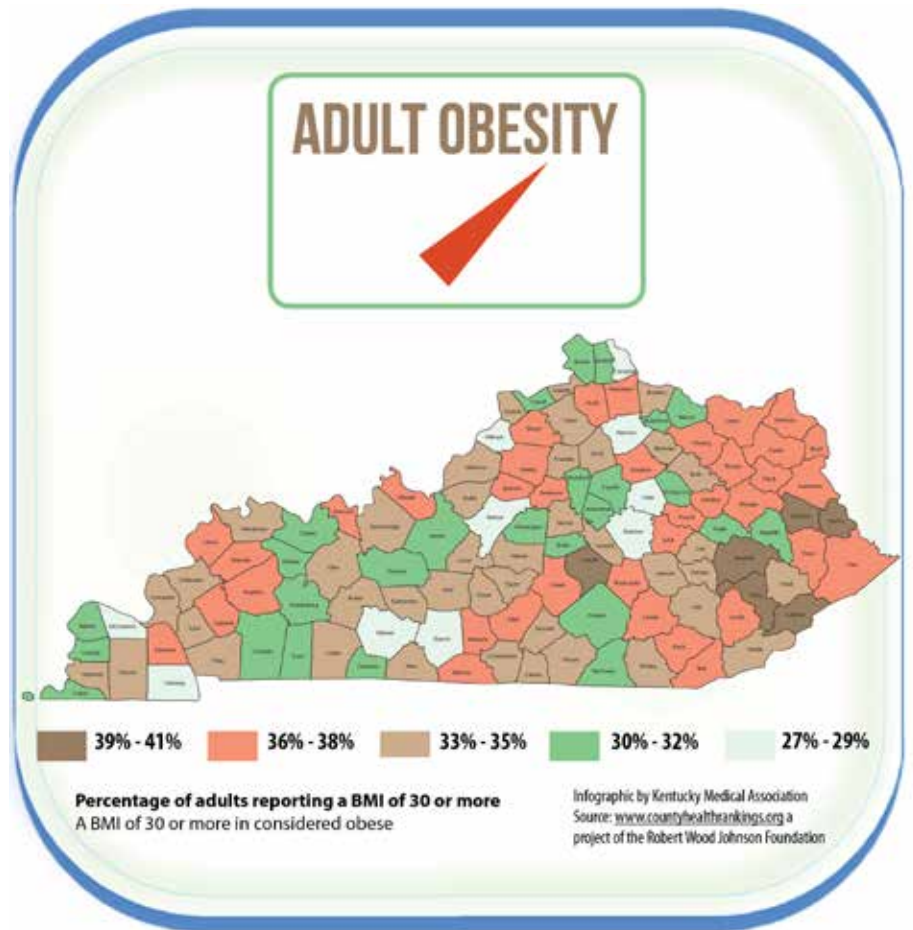
- Eat smaller portions
- Eat less fat
- Eat more whole grains
- Eat a variety of fruits and vegetables every day
- Eat fewer foods high in sugar
- Use less salt and fat in cooking
- Eat fewer foods that are high in salt

Are you at risk?

The single best predictor of type 2 diabetes is **OVERWEIGHT OR OBESITY**. Almost 90% of people living with type 2 diabetes are overweight or have obesity.

Here are other risk factors listed by the Centers for Disease Control and Prevention.

- **FAMILY:** Having a parent, brother, or sister with diabetes.
- **RACE:** Being African American, American Indian, Asian American, Pacific Islander or Hispanic American/Latino heritage.
- **HISTORY:** Having a prior history of gestational diabetes or birth of at least one baby weighing more than 9 pounds.
- **BLOOD PRESSURE:** Having high blood pressure measuring 140/90 or higher.
- **CHOLESTEROL:** Having abnormal cholesterol with HDL ("good") cholesterol is 35 or lower, or triglyceride level is 250 or higher.
- **EXERCISE:** Being physically inactive—exercising fewer than three times a week.



DIABETES

TYPE 1 vs TYPE 2

The fuel that our body needs is called glucose. To use glucose, your body needs insulin.

Sometimes your body does not make enough insulin or the insulin does not work the way it should. Hence, glucose stays in your blood and does not reach your cells.

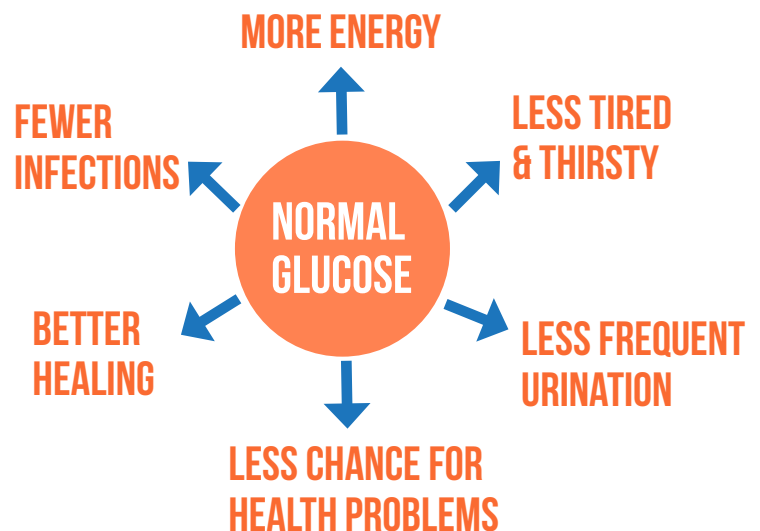
Eventually blood glucose levels get too high (hyperglycemia) and cause diabetes.

Two major causes of the metabolic disease

- 1 Type 1 diabetes, also known as Insulin Dependent Diabetes Mellitus (IDDM), is when the body makes too little or no insulin.
- 2 Type 2 diabetes, also known as Non Insulin Dependent Diabetes Mellitus (NIDDM), is when the body cannot use the insulin it makes.

Source: <http://www.medicalnewstoday.com/articles/7503.php>

Why Manage Your Diabetes?



- Heart attack or stroke
- Eye problems that can lead to trouble seeing or going blind
- Pain, tingling, or numbness in your hands and feet, also called nerve damage
- Kidney problems that can cause your kidneys to stop working
- Teeth and gum problems

Source: National Institute of Diabetes and Digestive and Kidney Diseases

