

FOCUS_{on}health

■ SUMMER, 2018

Physicians Caring for Kentucky

DIABETES

More than 30 million people are living with diabetes in the United States. It's also the 7th leading cause of death across the country. In Kentucky, 13% of all adults are diabetic and the state ranks as the 5th highest for people living with Type 2 diabetes.

There are steps you can take now to protect your health. Talk to your doctor about preventing and treating diabetes. To find a diabetes self-management education and support program in your area, visit <https://bit.ly/2yKzuFF>.



TYPE 1 DIABETES

- Body does not produce enough insulin
- Previously called “juvenile diabetes”



TYPE 2 DIABETES

- Body produces insulin but can't use it well
- Most commonly diagnosed
- Can develop as a result of lifestyle choices

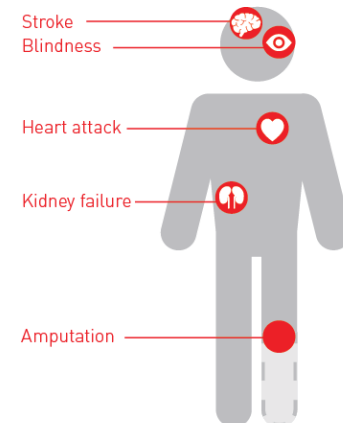


GESTATIONAL DIABETES

- A temporary condition in pregnancy
- Affects more than 9% of pregnant women in U.S.

Complications

Diabetes can lead to complications in many parts of the body and increases the risk of dying prematurely.



DIABETES IS
ON THE RISE



422 MILLION
people worldwide have diabetes

SOURCE: World Health Organization

FIND SUPPORT

- Find diabetes resources by county from the Kentucky Cabinet for Health and Family Services website at <https://prd.chfs.ky.gov/KYDiabetesResources/>
- American Diabetes Association www.diabetes.org or 1-800-342-2383
- Juvenile Diabetes Association www.jdrf.org or 1-800-533-2873
- Contact your local public health department at <https://bit.ly/2JTQQ7Z>
- KMA website <https://kyma.org/diabetes>

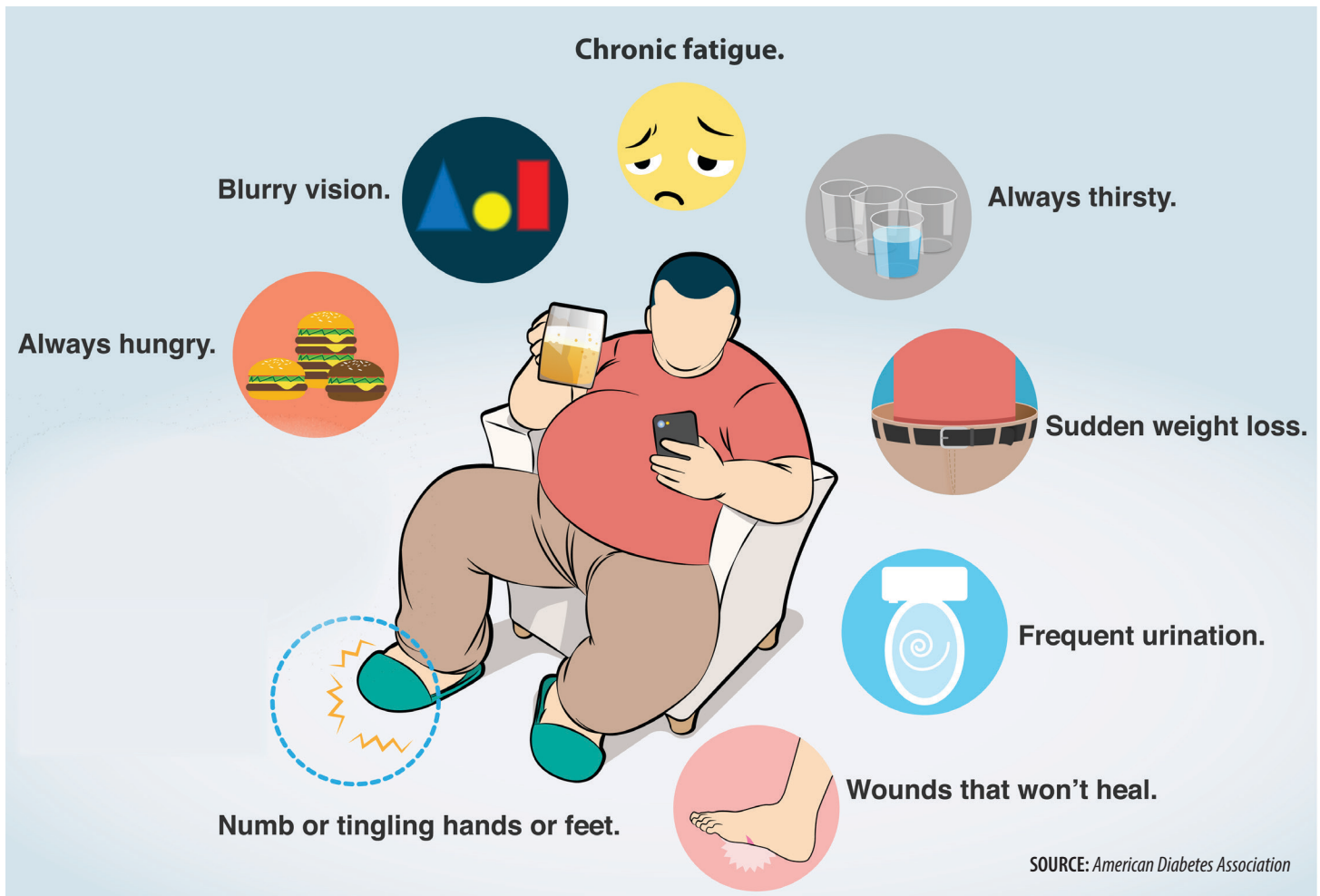
GET SCREENED

SOURCE: Fred Williams Jr., M.D., FACP, FACE, KentuckyOne Health Endocrinology & Diabetes Associates

If you are in a high risk group, ask your doctor about diabetes screening. High risk factors include: a family history of diabetes, a body mass index (BMI) over 30, over the age of 45, triglycerides over 250, a sedentary lifestyle, a history of gestational diabetes, and a history of obstructive sleep apnea. Early treatment can reduce the risk of developing complications and can save your life.

SYMPTOMS OF DIABETES

Don't ignore these common symptoms.



KEY ACTIONS

**Keep a
HEALTHY WEIGHT** **1**

**Be as
ACTIVE AS POSSIBLE** **2**

DON'T SMOKE! **3**

Diabetes is one of five focus areas for KMA's AIM For Better

Care initiative. AIM seeks to reduce administrative burdens that impact patient health in Kentucky. For more information on AIM, visit kyma.org/AIM.



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