MANAGING YOUR TYPE 2 DIABETES

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COMMON QUESTIONS

- WHAT IS TYPE 2 DIABETES?
- WHY DID I GET IT?
- WHY DO I NEED TO TREAT IT?
- HOW DO I TREAT IT?
- MY DOCTOR SAID I HAVE PRE-DIABETES. WHAT DOES THAT MEAN?
- WHAT DO I HAVE TO DO TO NOT GET DIABETES?
WHAT IS TYPE 2 DIABETES?

- The body doesn't use the hormone Insulin Properly
- Blood sugar goes high

Image from: https://www.news-medical.net/health/What-is-Insulin.aspx
WHAT IS TYPE 2 DIABETES?

A1C
- ≥ 6.5%
- < 6.5%
- PREDIABETES
  - ≥ 5.7%
  - < 5.7%
- NORMAL

FPG
- ≥ 126 mg/dl
- < 126 mg/dl
- PREDIABETES
  - ≥ 100 mg/dl
  - < 100 mg/dl
- NORMAL

OGTT
- ≥ 200 mg/dl
- < 200 mg/dl
- PREDIABETES
  - ≥ 140 mg/dl
  - < 140 mg/dl
- NORMAL
WHY DID I GET DIABETES?

- Genetic predisposition

- Lifestyle "trigger" factor
  - Obesity
WHY DO I NEED TO TREAT IT?

- Diabetes causes more deaths per year than breast cancer and AIDS combined

- Having diabetes nearly doubles your chance of having a heart attack.

- We treat to reduce the risk of diabetes complications
SKIN COMPLICATIONS

Diabetic dermopathy
And multiple other skin affections can happen.
Including skin infections.
EYE COMPLICATIONS

- Cataracts
- Diabetic Retinopathy
- Others

Image from: https://nei.nih.gov/health/diabetic/retinopathy
NEUROPATHY

GASTROPARESIS

Image from: https://www.healthopinion.net/blogs/gastroparesis-symptoms-causes-complications.php
CARDIOVASCULAR COMPLICATIONS

- Heart Disease
- Peripheral Vascular Disease
- Stroke

ERECTYLE DYSFUNCTION

Image from: https://www.malehealthclinic.com/how-to-treat-erectile-dysfunction/
KIDNEY DISEASE (NEPHROPATHY)
HOW DO I TREAT IT?

- **Lifestyle Changes**
  - Weight loss
  - Staying active
- **Medicines**
- **Checking your blood sugar**

Image from: https://inspiredliving.care/staying-active-healthy-aging/
WEIGHT LOSS

Image from: https://skinnyms.com/60-weight-loss-tips/
DIETING?
WEIGHT LOSS

- Mediterranean diet
- DASH diet
- Others: Keto, Atkins, low-carb, calorie counting, and many many more....

Image from: https://www.self.com/food/weight-loss
WEIGHT LOSS

Image from: http://www.healthykidsajax.ca/2017/05/five-reasons-to-drink-water-first-thing-in-the-morning/
INCREASE ACTIVITY
INCREASE ACTIVITY

Image from: https://www.caba.org.uk/help-and-guides/information/exercise-older-adults
MEDICATIONS

Insulin & Other Injectables

Oral Medication

Other Treatments

CHECKING YOUR BLOOD SUGAR

Image from: https://www.niddk.nih.gov/health-information/diabetes/overview/managing-diabetes
WHAT IS PREDIABETES?

Image from: http://www.diabetes.org/are-you-at-risk/prediabetes/?loc=atrisk-slabnav
PREVENTING TYPE 2 DIABETES

- You can lower your risk for type 2 diabetes by 58% by:
  - Losing 7% of your body weight (or 15 pounds if you weigh 200 pounds)
  - Exercising moderately (such as brisk walking) 30 minutes a day, five days a week
CHECK OUT SOME GOOD RESOURCES:

- AMERICAN DIABETES ASSOCIATION WEBSITE:
  www.diabetes.org

- DIABETES FORECAST MAGAZINE:
  www.diabetesforecast.org

- TAKE THE RISK TEST: www.doihaveprediabetes.org
QUESTIONS??
THANK YOU