



# Diabetes Mellitus

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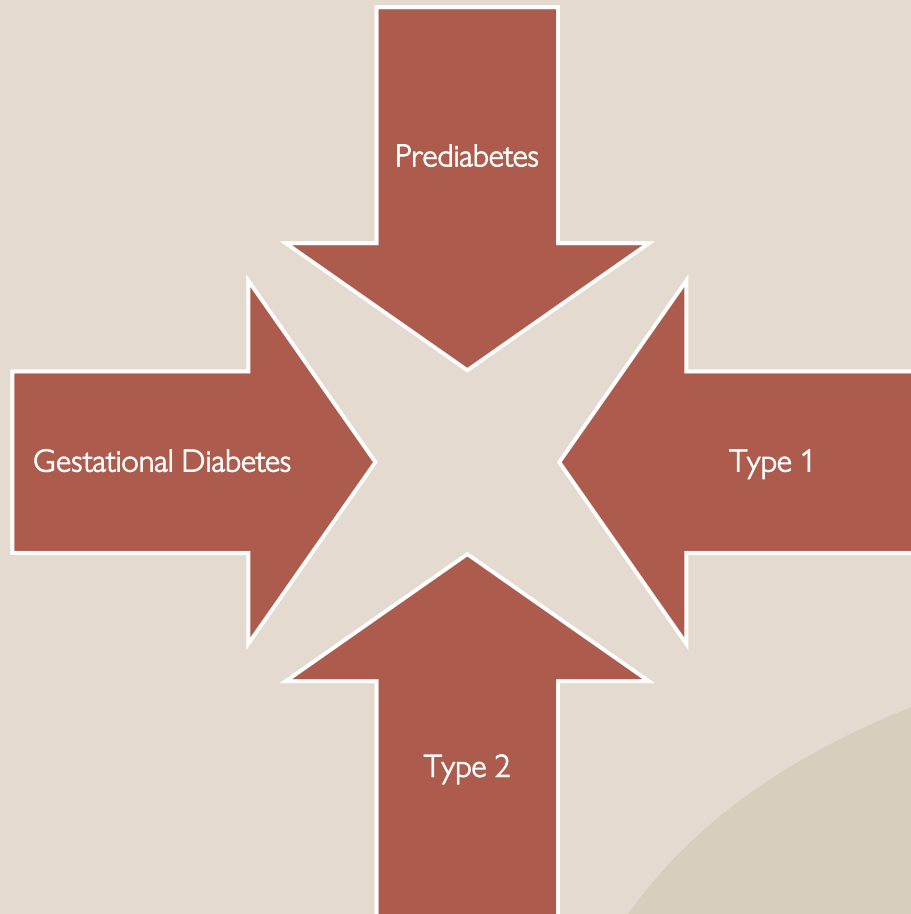


# What is Diabetes?

A group of diseases that affects how our bodies use blood sugar (glucose).



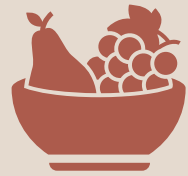
# Types of Diabetes



- **Prediabetes**
  - Producing blood sugars that are higher than normal, but not high enough to be classified as diabetes
- **Type 1 (Autoimmune Disorder)**
  - Your body doesn't make any or enough insulin
- **Type 2 (Insulin Resistance)**
  - Your body has a hard time using insulin that you produce or can't make enough
- **Gestational Diabetes**
  - Occurs during pregnancy

# What is Glucose?

- Glucose is a sugar that provides energy to our bodies.



# Glucose Importance



Our bodies use glucose as an important energy source.



Glucose is the MAIN source of fuel for the brain.



Type 1 Diabetes typically starts in childhood/teen years but can start at any age.



Type 2 Diabetes can also develop at any age, but typically in people over the age of 40.

# Most Common Symptoms of Diabetes



Feeling very  
thirsty



Urinating frequently



Loss of weight without trying



Fatigue/weak feeling



Irritable/mood changes



Ketones in urine



Blurry vision



Frequent infections such as:  
gum, skin, or vaginal and  
slow-healing sores/wounds

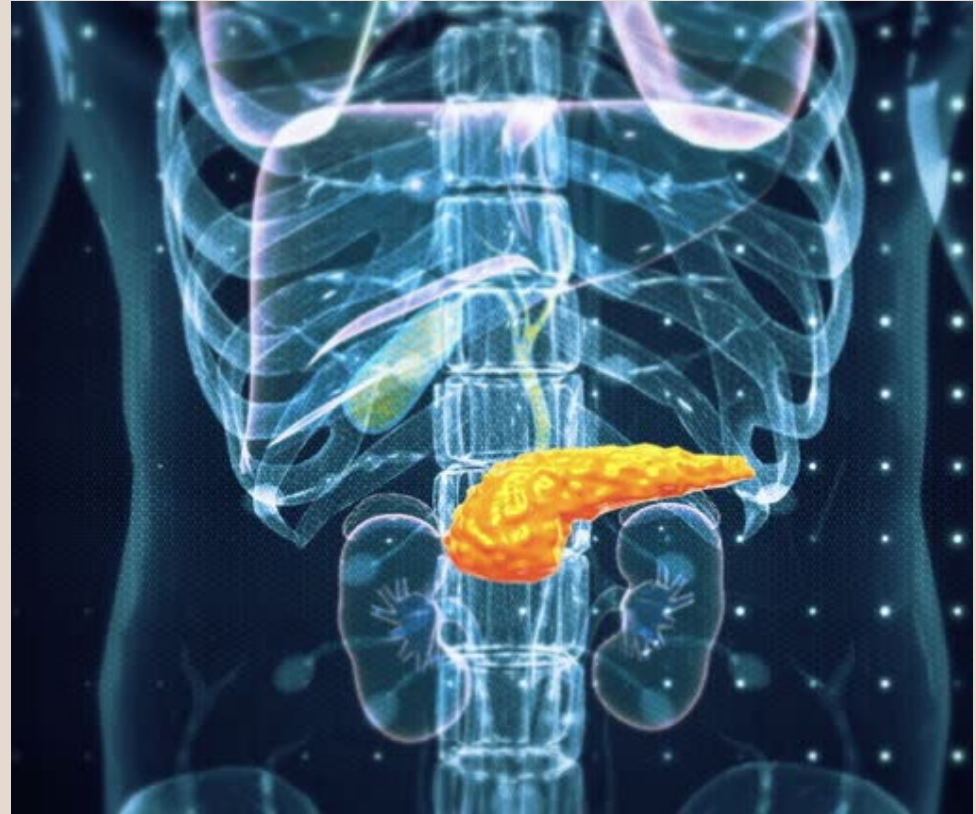
# Symptom Differences

- Type 1:
  - Typically, symptoms come on quick and tend to be more severe.
- Type 2, Gestational, & Prediabetes:
  - Some may not have symptoms, or they may not realize the symptoms they are experiencing are disease related.



# Insulin Facts

- Insulin is a hormone that is produced by the pancreas (located behind the stomach).
- Insulin is released into the bloodstream to allow sugar to enter cells resulting in lowering our blood sugar levels in our bloodstream.



# Glucose Facts

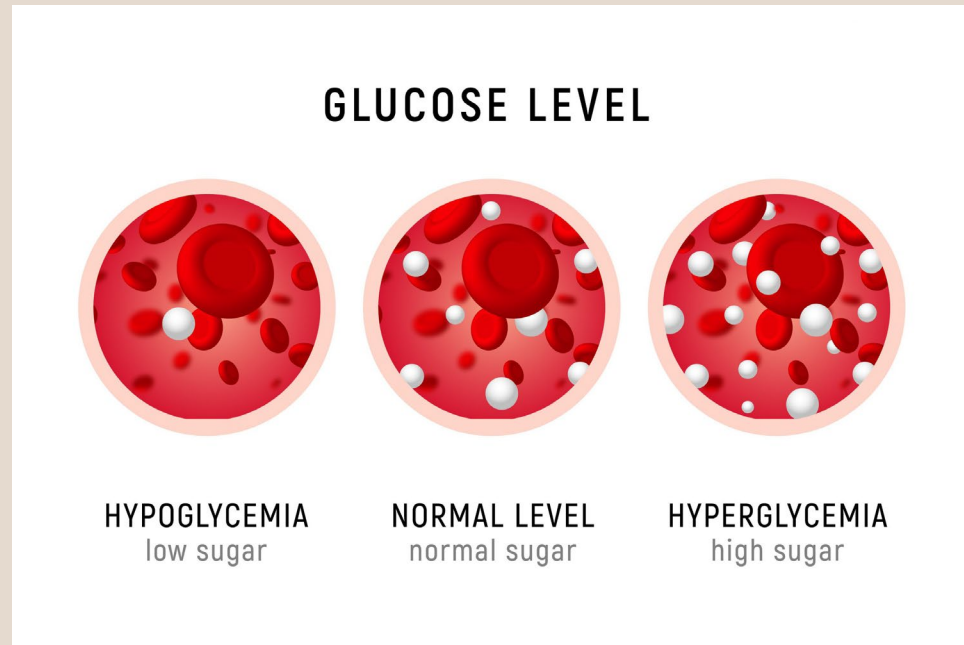


- Glucose is a sugar that provides energy to our cells.
- It's our body's (especially our brains) main source of energy that comes from carbohydrates in some foods and fluids we eat.
- Sugar enters our cells with the help of insulin from our bloodstream.
- Glucose is made and stored by the liver which aids in keeping your blood sugar in a normal range by releasing it back into your bloodstream when you haven't eaten for a period of time.



# The Role of Insulin in the Human Body

# Risks of Diabetes



- Whether your body doesn't make enough (or any at all) or isn't able to use insulin properly, glucose stays in your bloodstream and is not able to be used by your cells resulting in a diagnosis of diabetes.
- Diabetes puts you at risk for damaging your eyes, kidneys, nerves, heart, and is linked to certain types of cancers.
- Uncontrolled diabetes can also lead to death.
- Unmanaged diabetes can also lead to: heart disease, heart attack, stroke, nerve damage, kidney damage, blindness, hearing impairment, sexual dysfunction, depression, dementia, and Alzheimer's Disease.

# Treating Diabetes

- Type 1 diabetics either don't produce any insulin or they make very little, which requires taking insulin every day to stay alive.
- Insulin can be given by injections or by an insulin pump.



- Type 2 diabetics struggle with their cells not using insulin properly or the pancreas isn't making enough to lower the blood sugar.
- Managing a healthy diet can help control blood sugars, but they may also include oral pills and injectable insulin.



# Are You At Risk?

Families with the presence of autoantibodies called diabetes immune system cells have an increased risk for developing type 1 diabetes.

Type 2 diabetes is common in people who are overweight/obese.

Black, Hispanic, American Indian, and Asian Americans are all at a higher risk for developing type 2 diabetes.

# Prevention

- Type 1 diabetes cannot be prevented, but type 2 can be by living a healthy lifestyle that includes:
  - Eating healthy
  - Exercising regularly
  - Maintaining a healthy weight
- It's important to manage your diabetes/blood sugars to avoid developing serious health problems.

## Help Managing Diabetes

- Our insurance provider (Medical Mutual) offers help with managing chronic conditions like Diabetes with **NO** out-of-pocket costs to you.
- These programs provide:
  - Education to help you better understand your condition
  - Tips to help you manage your condition and make healthy changes
  - Condition-specific supplies, such as diabetic testing supplies
  - Digital coaching and remote monitoring programs
  - Online resources for stress, nutrition, and fitness



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# Medical Mutual Chronic Condition Management Programs

- These programs are offered for the following conditions:
  - Asthma
  - Heart Failure
  - Coronary Artery Disease
  - Chronic Obstructive Pulmonary Disease (COPD)
  - Diabetes
  - Hypertension (high blood pressure)
  - Musculoskeletal Pain
  - Pelvic health issues (individuals with vaginal anatomy)



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Enroll in any of the programs listed on the previous slide by calling: 1-800-590-2583, Monday-Friday, 8AM-4PM EST, or you can leave a confidential voicemail anytime.



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## Questions?

Reach out to Nurse Stephanie via email: [wbnurse@willburt.com](mailto:wbnurse@willburt.com) or via cell phone: 330-465-7997.



# References



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