

# Diabetes

## What it is and What You can do About it

### Overview on Diabetes:

- Diabetes is a condition that affects how your body uses glucose (blood sugar). Glucose is an important energy source for the body but it can cause health problems such as Diabetes when there is too much glucose in your blood. Insulin controls the amount of sugar that stays in your blood.
- There are two types of Diabetes. Type 1 is when the body doesn't produce insulin and typically affects children. Type 2 is the most common form and is a result of the body not using insulin the way it should. Individuals with a higher risk of Type 2 Diabetes are adults over 40 years old and those that are obese.
- Signs and symptoms include increased thirst, frequent urination, constant or extreme hunger, unexplained weight loss, fatigue, blurred vision, slow healing sores, high blood pressure, and frequent infections.



### Tips for Self-Management:

- Exercising regularly can play an important role in decreasing blood glucose levels, blood pressure, joint pain, weight loss and increasing energy level and activity tolerance.
- Foot care is vital for people with Diabetes because it causes poor circulation and loss of sensation in the feet. Checking feet daily for any loss of feeling, change in temperature or skin color, and open wounds or cuts can prevent infection or further complications. If it is difficult to inspect your feet you can use a mirror to better assist you. Make sure feet are kept clean, dry and shoes fit well.

### Physical Therapy Can Help You By:

- Using hands on techniques to decrease pain and improve mobility of joints and muscles.
- Providing tips for protecting feet and wearing proper footwear.
- Developing a safe, individualized exercise program to increase strength, flexibility, and endurance.
- Improving balance and walking ability to decrease risk of falls.
- Patient education regarding monitoring response to exercise with heart rate, glucose levels, and rate of exertion.

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