

# Newsletter

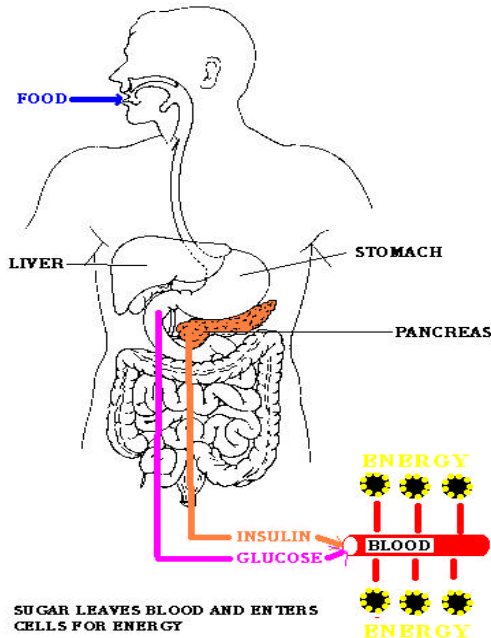
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Bay Area Residential Care Inc. 415600089  
Serving Burlingame elderly community & local hospitals

## DIABETES

the fourth most common cause of death.



### TYPES OF DIABETES:

Type I: Body does not produce enough insulin. Almost 10% of diabetes are this type.

Type II: Body does not use the insulin. Almost 90% of diabetes are this type.

Gestational: This type of diabetic is temporary, occurring in 2 to 4% of pregnant women.

Pre-diabetes: Body's blood sugar is higher than normal, but is not high enough to be considered diabetes.

### WHAT CAUSES DIABETES:

Type I: runs in the families and is normally diagnosed in childhood (mostly under age of 35)

Type II is believed to have a genetic link [certain genes, ethnicity]. Its is normally diagnosed in older ages (40 and above). Followings are known to be risk factors to get type II diabetes:

1. High Blood Pressure.
2. High Blood Triglyceride.
3. High Fat Diet
4. High Alcohol Intake.
5. Sedentary Life Style
6. Obesity.

7. Aging: Risk begins from age 45 and is much higher after 65.

**EFFECTS OF DIABETES:** Both types of diabetes will eventually lead to high blood sugar, which may cause:

- **Blindness,** because of the damage to retina of eye.
- **Kidney failure.**
- **Foot/Leg amputations,** because of frequent irrecoverable ulcers and wounds
- **Paralysis of the stomach,** because of chronic diarrhea
- **Heart attack and Stroke,** because of acceleration of atherosclerosis
- **Seizure and Coma,** because of dehydration.

### SIGNS/ SYMPTOMS DIAGNOSTIC:

Type I:

1. Usually diagnosed under 35 years of age.
2. Not overweight [slender].

3. Acute [symptoms appear quickly]
4. Frequent urination.
5. Increased thirst.
6. Increased appetite.
7. Rapid weight loss.
8. Excessive tiredness or fatigue.

Type II:

1. Usually diagnosed over 40 years of age.
2. Usually overweight.
3. Blurred Vision.
4. Slow to heal cuts.
5. Tingling/numbness in hands/feet.
6. Recurring skin, mouth, or bladder infections.
7. Any of symptoms of type I.

**CURE, CONTROL, & TREATMENT:**

Type I: Must inject Insulin, usually 2 or 3 times per day.

Type II A combination of therapy and medication is normally used.

Following are most effective:

1. Lose weight.
2. Follow Healthy Diet [moderate amount of food, less fat].
3. Exercise: [minimum 20 minutes of walking three times a week].
4. Decrease Stress.
5. Medication: [about 60% of all type II diabetes must inject insulin at last].

Although insulin treatment for elderly is similar to the younger diabetes people, the higher risk of poor vision, arthritis, and factors that increase the risks of hypoglycemia (low blood sugar) may be more problematic.

The potential of diabetes to cause cognitive impairment among the aged is well documented:

- Two thirds of studies have found an association between diabetes and cognitive decline.
- Also, 70% of cohort studies associated diabetes with dementia
- No strong association between diabetes and Alzheimer has been established.

**VITAL CARE FOR THE DIABETES ELDERLY:**

- Provide regular foot care, and routine inspections personally and by the physicians.
- Arrange for annual sensory testing to detect the presence of peripheral neuropathy.
- Schedule for dilated retinal exam by an eye care specialist annually, or more frequently
- Arrange and follow some kind of physical mobility/exercise

**DIABETES AND THE ELDERLY:**

As noticed above, diabetes increases with age. Greatest increase of diabetes in industrial countries are occurring among the elderly people, and its increasingly become a disease of elderly people

In US, almost one in every five people with type II diabetes is over 65 years old, and 70% of all diabetes are over 55.

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