

This product was developed
by the St. Peter Family
Medicine Residency Program
in Olympia, WA. Support for
this product was provided by a
grant from the Robert Wood
Johnson Foundation® in
Princeton, New Jersey.

Diabetes and “Pre-Diabetes” Who is in Control?



“Or do you not know that **your body is the temple** of the Holy Spirit who is in you...and you are not your own? For you were bought at a price; therefore **glorify God in your body and in your spirit...**” (1 Corinthians 6: 19-20)



Carroll

"Next time Pastor Dwight asks if you know what the sermon was about, the answer is not 'about three hours.'"

Who is in control?



"Why didn't you come to me sooner?"



"The red are for the illness, the blue are for the side effects of the red and the green are for the effects of the blue."

INACTIVITY



POOR EATING
HABITS



“PRE-DIABETES”



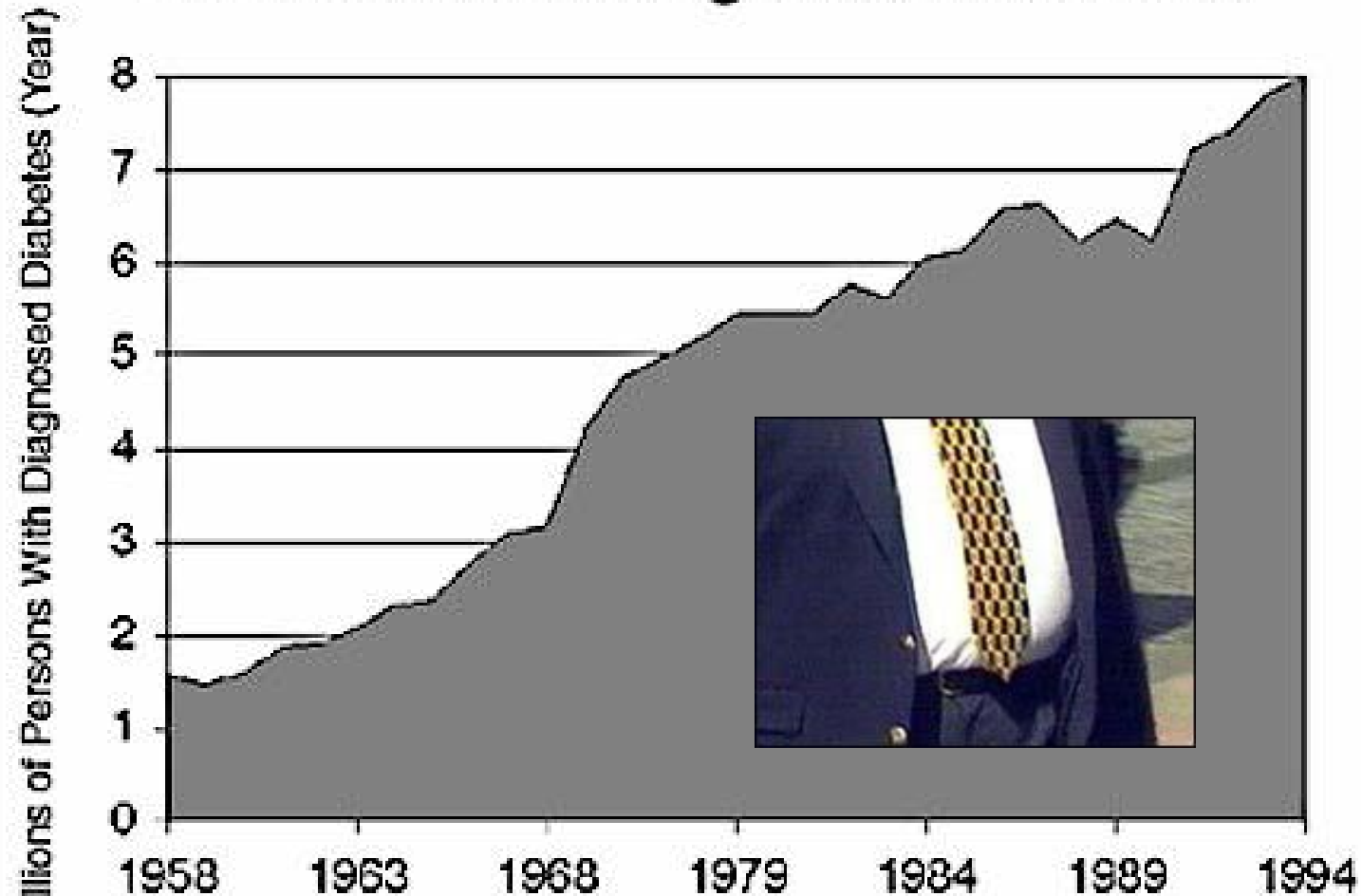
DIABETES, TYPE II



Who has it?

- 16 million people have diabetes in the US
- 6 million more don't know they have it
- Medical cost and lost productivity cost an estimated **\$132 Billion** in 2002
- 11-20% of the population have “pre-diabetes” (between 20 and 39 million people)

Prevalence of Diagnosed Diabetes



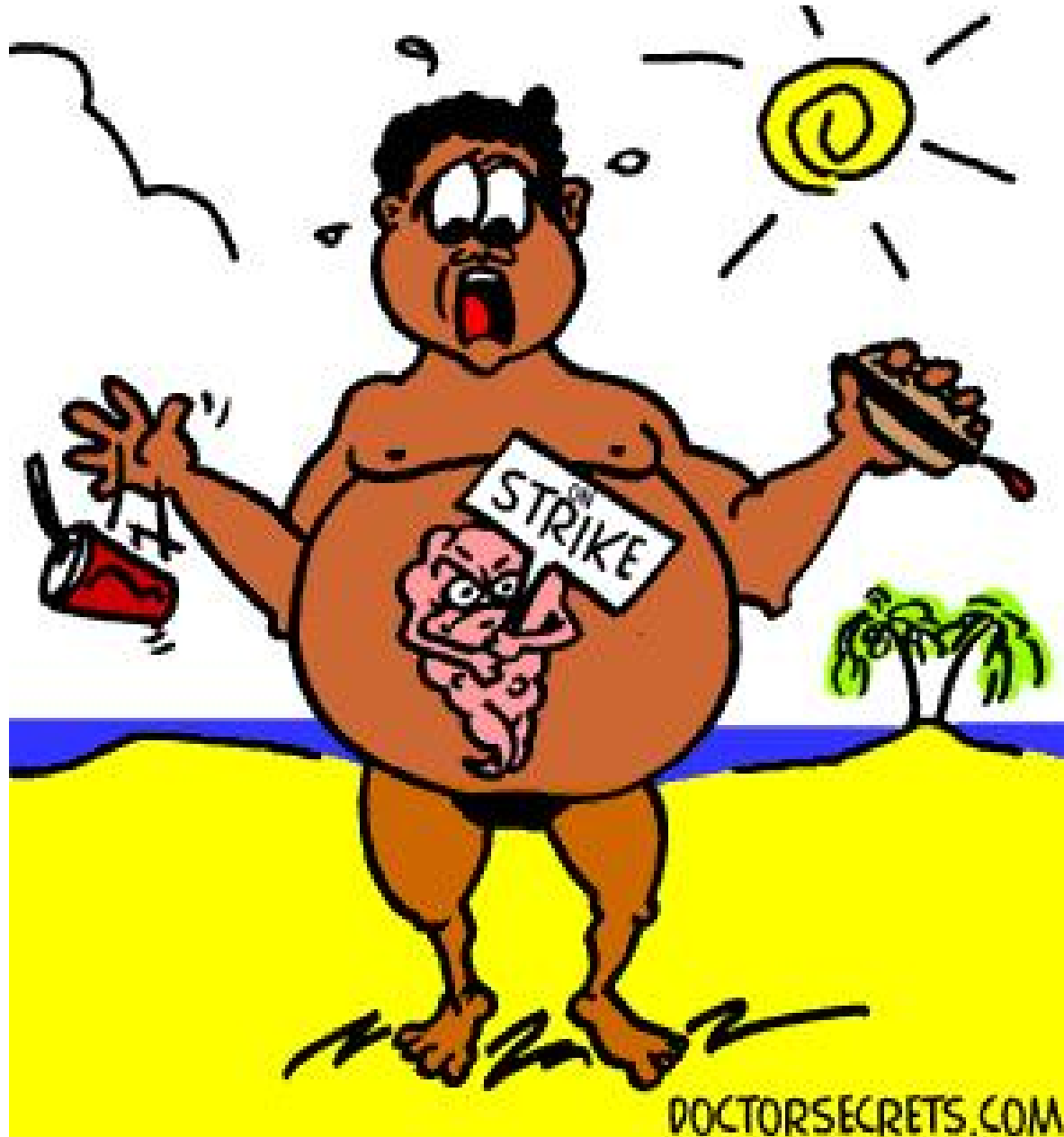
Source: The data for this chart comes from *Diabetes in America. 2nd Edition* (p. 63) by National Institutes of Health, National Institute of Diabetes and Digestive and Kidney Diseases, 1995.

What we have to look forward to...

- DM worldwide will double from 140 million to 300 million in the next 25 years
- 40-45% of persons age 65 years of age or older have either type 2 diabetes or “pre-diabetes”
- 1 in 3 people born in 2002 will end up with diabetes



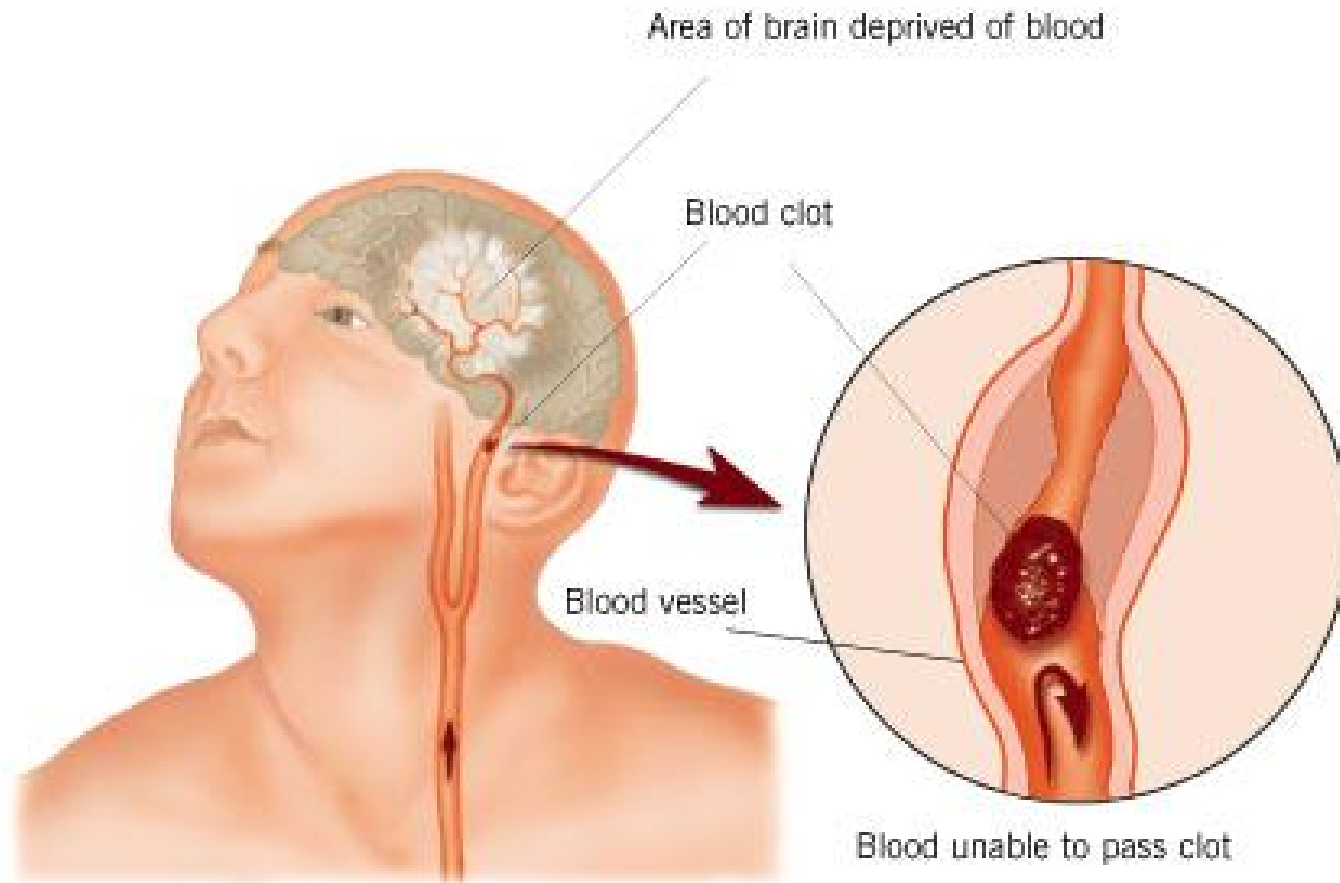
What is it?



The numbers...

- “Pre-diabetes” is:
 - random blood sugar from 140 to 200 (or the IHOP test)
 - a fasting blood sugar from 110-125
- Diabetes is two of the following:
 - a random blood sugar over 200
 - a fasting BS over 125
- DM HAS NO SYMTOMS for 1st 10 years
- IT TAKES YEARS TO DO HARM

So how bad is it?... Stroke



6 to 17 times more likely to have stroke

So how bad is it?... Heart Attack



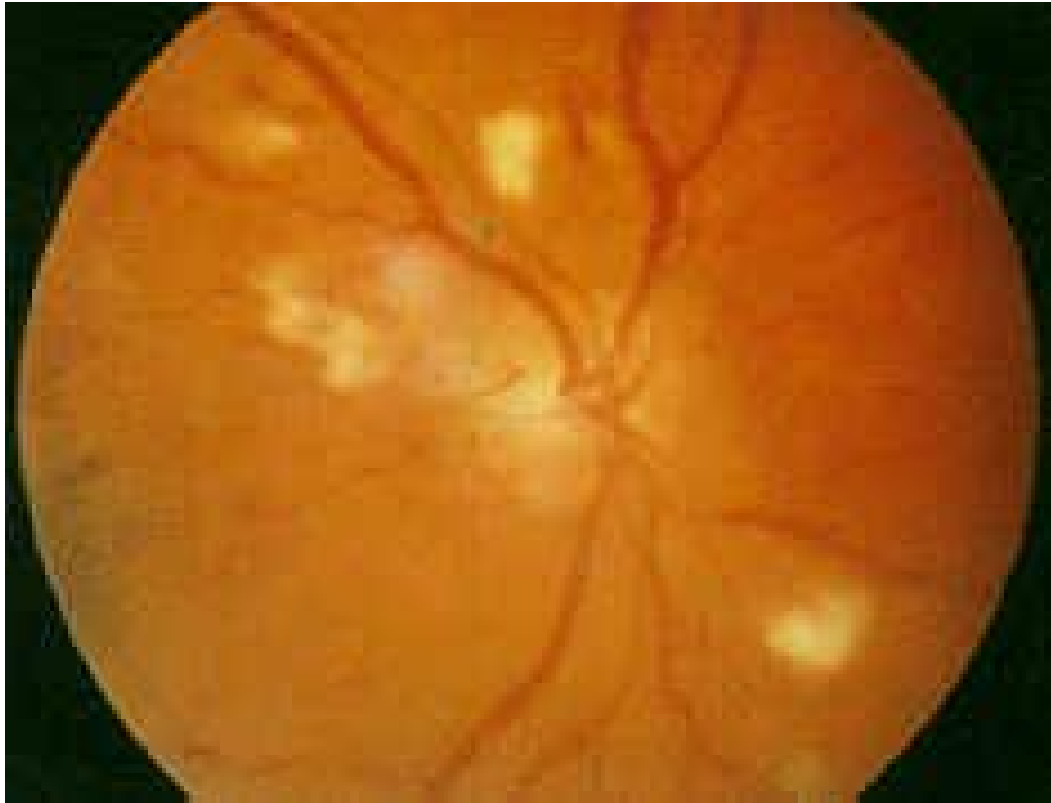
5 to 15 times
more likely to
have a heart
attack

So how bad is it?...Kidney Failure



Leading cause of kidney failure

So how bad is it?...Blindness



Leading cause of blindness

CAUTION

**If you are squeamish,
look away!**

PG-13

Cindy's suggestion

So how bad is it?...limb loss



Leading cause of amputation

A few words about smoking...

Adolescents:

- 57% try smoking at least once by 12th grade
- Almost everyone who smokes as an adult started by 18
- Smoking is a learned behavior



Is there hope?...yes!

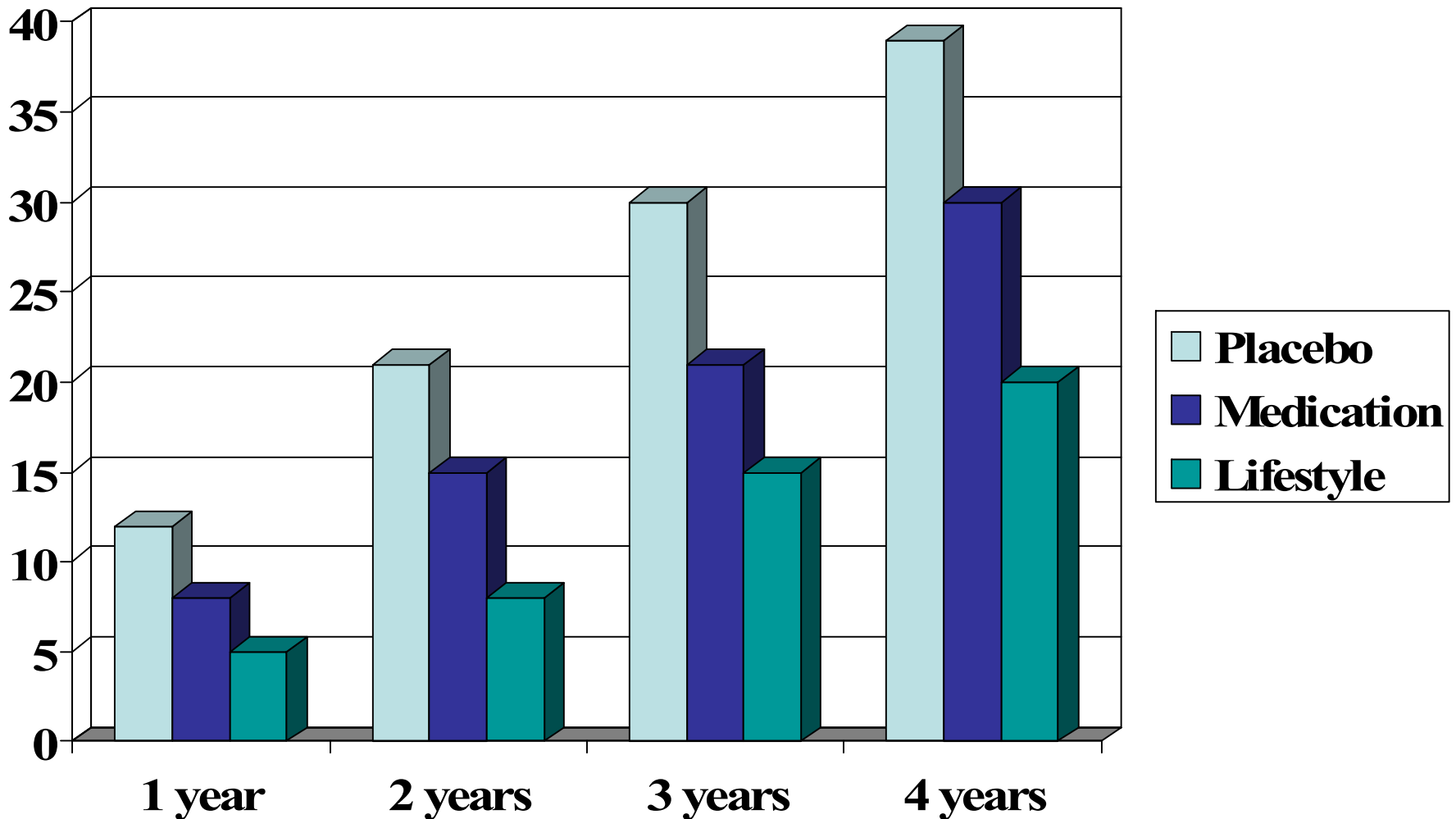


Diabetes Prevention Program

- 3234 patients with “pre-diabetes” followed for 5 years
- Given **placebo**, a **diabetes medication**, or **lifestyle modification** (diet and exercise)
- Primary outcome: *who got diabetes DMII?*

What happened?

Those who became diabetic



Conclusion...

- 58% reduction in progression to DMII with Lifestyle Modification **whether they met their goals or not!**
- Effects found across gender, ethnicity, ages, and weight
- **Conclusion: Lifestyle modification could prevent up to 1 million cases of Diabetes per year in the US**

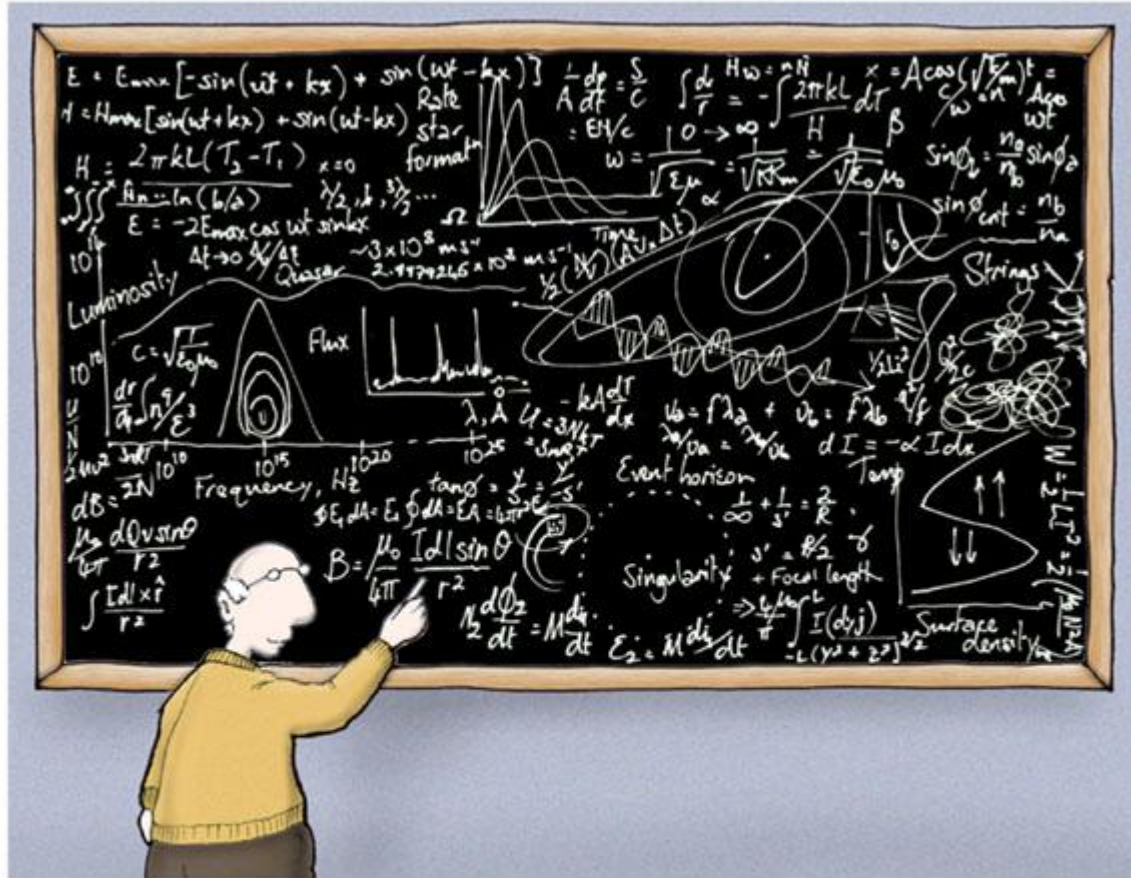
Dr Chris Saudek,
President of the American Diabetes
Association said...

“The DPP is a landmark trial (and is) one of
the most important studies in the recent
history of diabetes”

The Bible says...

- For no one ever hated his own flesh, but nourishes and cherishes it, just as the Lord does the church. (Ephesians 5:29)
- Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers. (3 John 1:2)

So what is "Lifestyle Modification"?



Astrophysics made simple

Lifestyle, *the basics...*

C+E=R



*It isn't this simple but
it is what you control*

Calories in

+

Energy out

=

Your Risk

Pain and punishment... unsustainable

*A cheerful heart is
good medicine,
but a crushed spirit
dries up the bones.
Proverbs 17:22*



Sperience.com

The formula: $C + E = R$

“C”: 5 first steps to healthy eating



Five a day?

Mediterranean diet?

South Beach diet?

No white at night?

Adkins's diet?

Not sustainable for
most people

1) Portion Control



100 calories less a day is 10 lbs a year (36,500 calories)

2) Mindless snacking



3) Empty liquid calories



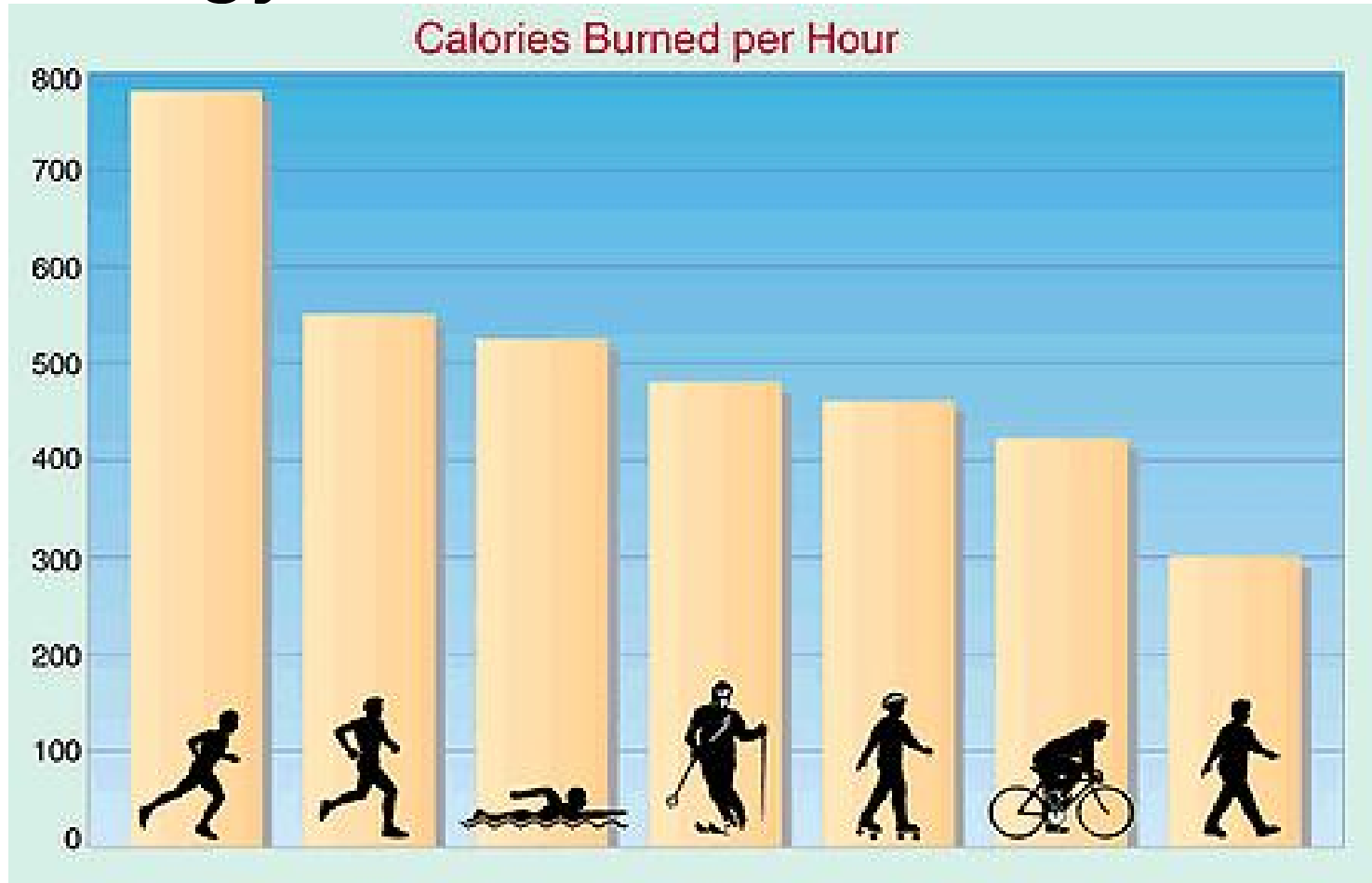
4) Eating breakfast



5) Eating out

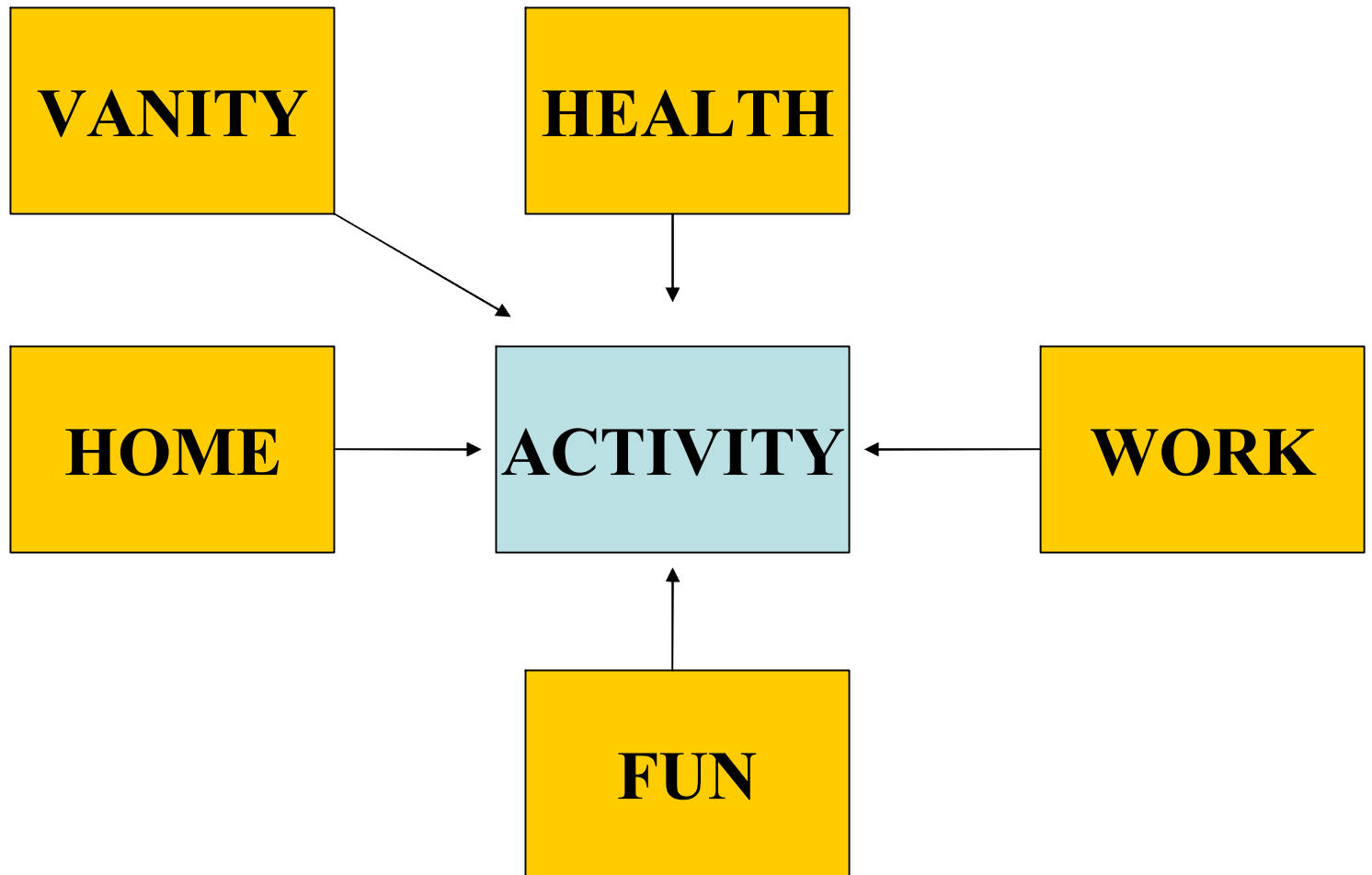


The formula: $C + E = R$
Energy Out... Choose to Move



Ponder the path of your feet, and let all your ways be established. (Proverbs 4:26)

Find a Reason to *MOVE*...



Ex: Walking...300 cal/hr



100 calories burned each day = 36,500 cal = 10 lbs a year

What is “Self-Management”?

The Pedometer...

The Goal:

- *Where do you want to be in 6 months to a year*

The Action Plan:

- *The first step*



The Action Plan:

- Something you WANT to do
- Something REASONABLE and SPECIFIC
- Should answer these questions:
 - What?
 - How much?
 - When?
 - How often?
- Confidence level (likelihood-of-success) 1-10

This is called “Self-Management”

Work with your neighbor to come up with an action plan...

What we have tried to do...



Living Well classes at



Learn strategies for coping with a chronic illness...self-management

February 27th through April 3rd for 6 weeks (Mondays) from 6 to 8 pm

PSPH Professional Building
493-7230 (ask for Shari Gioimo)