

# Diabetes: (Recommendations and Research)

## Diabetes: Type I and Type II

### Facts:

- **Prevalence**- increases with age
- **Nursing Home**- 18% of residences have diabetes
- **New Blindness**- leading cause in those < 74 years old
- **Dialysis Patients**- >50% have diabetes



### Symptoms:

- **Increased**- hunger, thirst, urination, fatigue, irritability, UTI's, unusual weight loss, blurry vision

### How does it affect Seniors:

- **Quality of Life**- shortened
- **Affected Organs**- heart, kidney, eyes, blood vessels, nerves



### Treatment: Diet, Medication, Exercise

- **Fiber**- 20-35 grams/day
- **Protein**- Long term effects of high protein diets not studied
- **Fat**- Polyunsaturated fats are best, <30% of diet
- **Vitamins and Minerals**- vitamin C and E as needed
- **Medications**: take as prescribed by MD
- **Exercise**: 30-60minutes 3-7 days/ week, all ages need exercise

### Research:

- **NO CURE**- looking at genes, possible vaccine
- **Obesity**- possible pancreas transplant
- **Testing devises**- possible laser beam to check blood sugar and send to pump to release adequate insulin amount
- **New Medications**- Lantus, Acarbose, Metformin, Actos, Avandia



## What do I need to do?

- **See your Health Care Provider**
- **See a Registered Dietitian or a Food Fitness First™ RD**- online for help with Meal Planning