

It is the mission of Compassionate Care Home Health Services, Inc. to promote recovery and independence to those in need by providing the highest quality of compassionate care for our clients in the comfort of their own home. We understand that each of us must fuel our bodies with food for energy, strength, and even to live. The food we consume is broken down into glucose because that is the form of fuel every cell of our bodies can use. However, without insulin that glucose cannot get to our muscles and other cells where it is needed. Insulin is a naturally occurring substance that is made in the pancreas. Without this insulin, the glucose (sugar) would build up in our blood streams and not feed our muscles and other cells.

When a person has diabetes this insulin process is interrupted. This causes the glucose levels in the blood stream to be higher than they should be (hyperglycemia). Our blood vessels are not intended to cope with these higher glucose levels and can become severely damaged. This damage to the blood vessels may lead to heart attack, stroke, blindness, amputation, or kidney failure.

Diabetes is the fifth deadliest disease in the United States, affecting more than 20 million Americans. There are 3 primary types of diabetes: Type 1, Type 2 and Gestational Diabetes. 90% of those affected have what is known as Type 2 diabetes. This is the type that most often affects older adults and is seen in 18% of those over the age of 65. Some people with Type 2 diabetes must take injections of insulin every day, while others are managed with oral medications. Every case of diabetes is serious and should be treated as such.

Who is at Greater Risk for Type 2 Diabetes?

- People over age 45
- People with a family history of diabetes
- People who are overweight
- People who do not exercise regularly
- People with low HDL cholesterol or high triglycerides, high blood pressure
- Women who had gestational diabetes, or who have given birth to a baby weighing 9+ pounds

The goal of treatment for anyone with diabetes is to control the level of glucose (sugar) in their blood, maintaining a healthy level. An ideal blood sugar level is around 70-120. When a person's blood sugar level drops below 70 (hypoglycemia) they may have symptoms like sweating, shakiness, weakness, hunger, nervousness, or confusion. If the blood sugar level drops too far, the person can die. As long as the person is fully conscious low blood sugar may be treated by taking food and fluids that will bring the sugar level back up. Call 911 or your physician if you are unable to maintain a healthy blood sugar level.

When the blood sugar level rises above 240 (hyperglycemia) the person may become tired, nauseated or confused. If the blood sugar rises too far they may go into a coma and die. Call 911 or your physician if you are unable to maintain a healthy blood sugar level.

Some people with Type 2 Diabetes have no symptoms. However, warning Signs of Type 2 Diabetes include:

- Frequent infections
- Unusual thirst or hunger
- Frequent urination
- Blurred vision
- Tingling or numbness of the hands or feet
- Cuts or bruises that are slow to heal
- Fatigue and/or irritability

For more information, contact the American Diabetes Association at 1-800-DIABETES (1-800-342-2383).



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