

What is Diabetes ?



Anne Leake PhD, APRN-Rx
Diabetes ECHO Hawaii
November 1 , 2017



Definitions



- a group of metabolic disorders in which there are high blood sugar levels over a prolonged period [Wikipedia]
- a disease that occurs when your blood glucose, also called blood sugar, is too high [NIH/NIDDK]
- a group of diseases that affect how your body uses blood sugar (glucose) [Mayo]

Definitions cont' d



- any of various abnormal conditions characterized by the secretion and excretion of excessive amounts of urine [Miriam Webster dictionary]
- a problem with your body that causes blood glucose (sugar) levels to rise higher than normal [American Diabetes Assoc]

Why is high blood sugar bad for you?



Harmful effects include:

- Metabolic Imbalance
- Circulation
- Inflammation from excessive insulin

Metabolic Imbalance

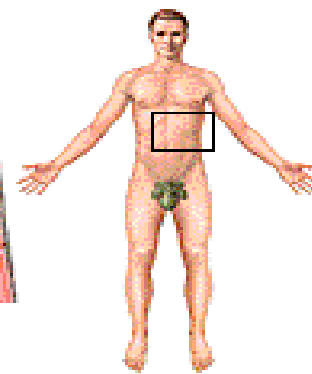
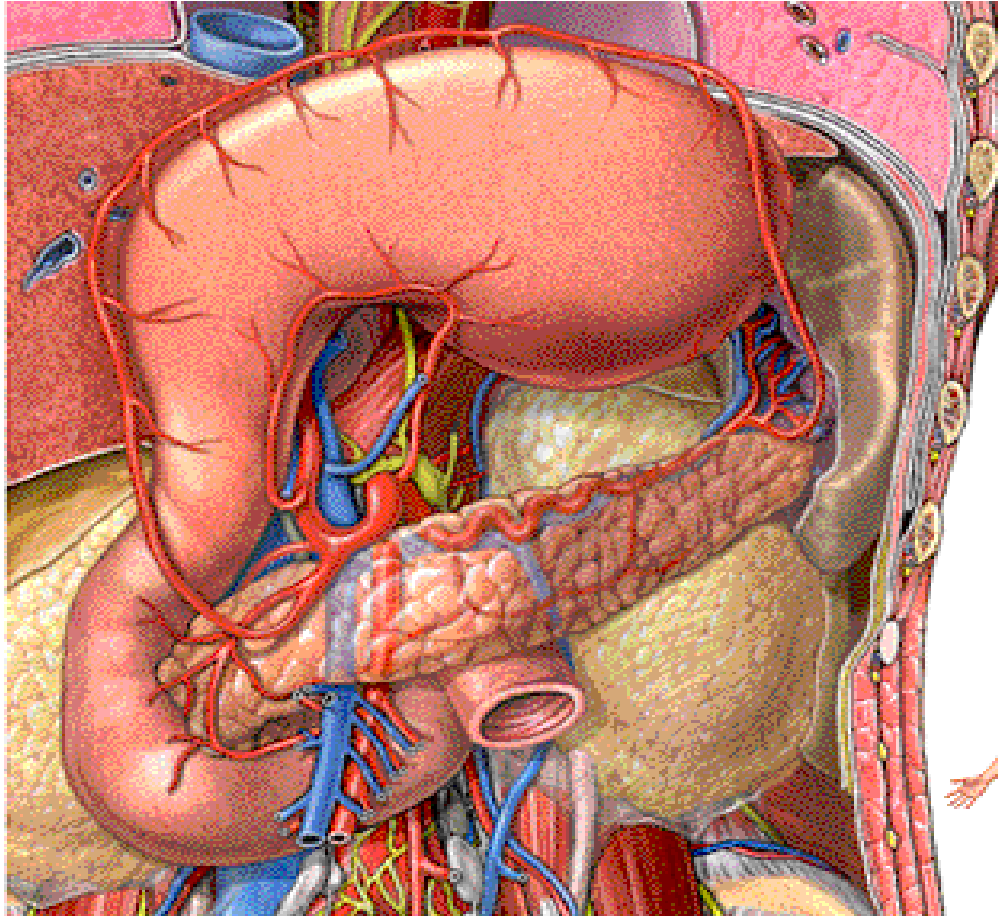


Circulation



Inflammation



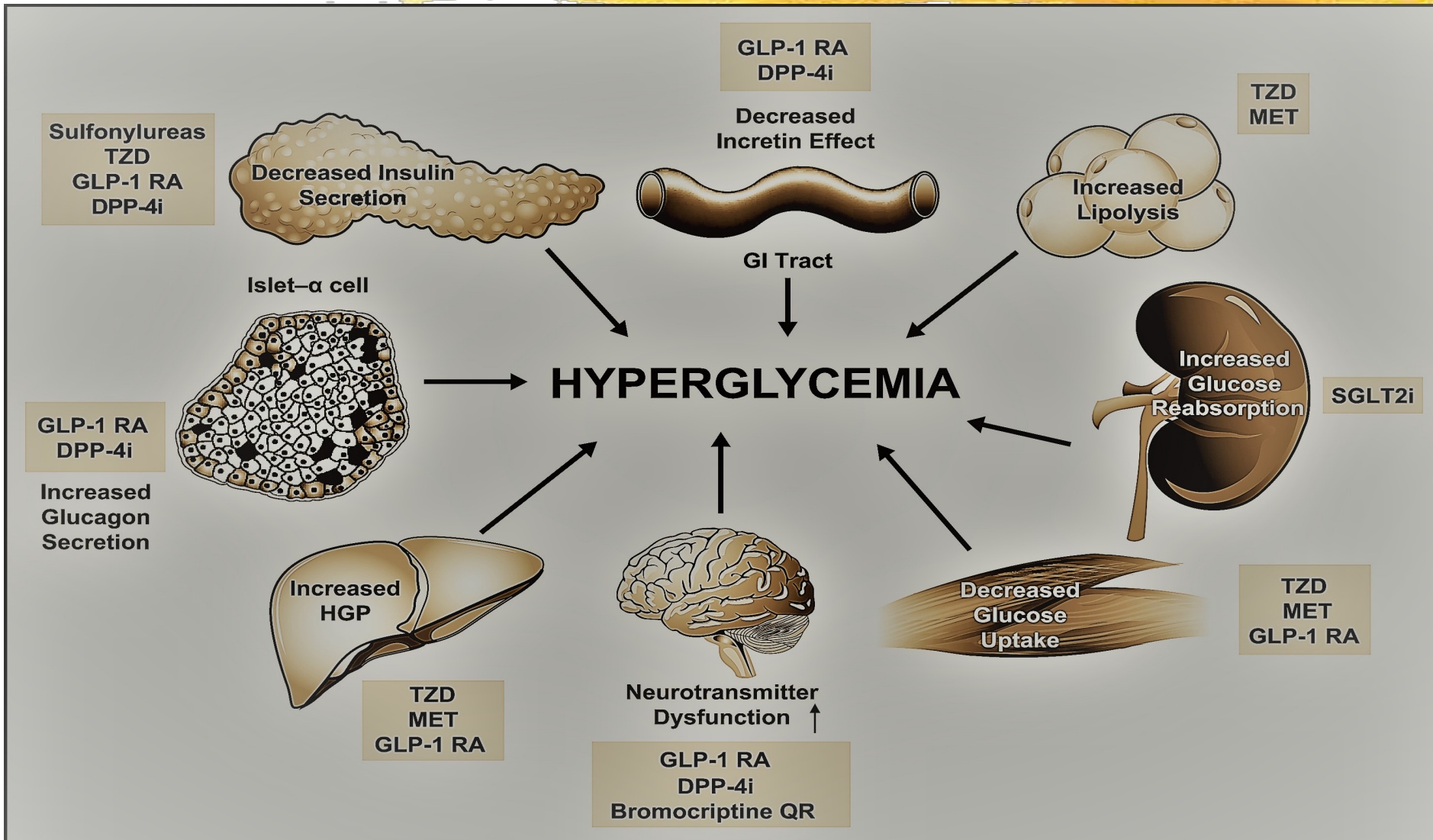


How does blood sugar get too high?



- Genes (first degree relatives)
- Environment (stress, diet, sleep, activity level)
- The Ominous Octet

The Ominous Octet



Why don't all obese people get diabetes?



- They don't have the genes for diabetes
- They have protective factors (physical activity, good sleep, good microbiome, good stress management)
- Evolutionary theory