

# DIABETES DANGERS

**WARNING:**

**Contents Not Sugar Coated**



**DIABETES**

*Prevention & Care Program*

# MANAGE THE DAMAGE



**Type 2 diabetes is sometimes called**

# **THE SILENT KILLER.**

Many people have diabetes but don't know it because they don't have symptoms. You might not see it, you might not feel it, but diabetes may be lurking inside you and, left untreated, it can kill you.

Type 2 diabetes can wreak havoc on your body, quality of life, and overall health. This quick guide aims to bring awareness to the dangers of prediabetes and Type 2 diabetes. It's time to take this "silent killer" seriously, fight back, and Manage the Damage!

The **Be Well@Shell Diabetes** *Prevention & Care Program*, in partnership with Kelsey-Seybold Clinic, is designed to help you get the care you need when you are diagnosed with prediabetes or Type 2 diabetes. There are important steps you need to take when you're diagnosed with these serious conditions. This program offers you the tools, medical experts, and personalized support you need to manage diabetes.

# LET'S NOT SUGAR COAT THIS.

Diabetes is a serious disease.  
It CAN kill you.

The **BW@S Diabetes** *Prevention & Care Program*  
can help you manage the damage.

HERE'S HOW >>

# SUGAR HIGH!

Diabetes is a result of your blood glucose (also called blood sugar) being too high. Your cells need sugar to give you energy and keep you healthy. When you have Type 2 diabetes, your body does not respond correctly to insulin, which is the hormone necessary to move sugar from the blood to the cells. In addition, sometimes your body does not make enough insulin. If the sugar builds up in your blood, it can harm many parts of your body.

## **Added Sugar and Carbohydrates**

Refined sugar is one type of carbohydrate. Excessive carbs adversely impact your blood sugar. Many people don't realize just how many carbohydrates they're consuming in a day. The key to diabetes nutrition is moderation and balance. But you can't control what you're not aware of, which is why it's time to take a hard look at some examples of everyday food and beverage items you may be mindlessly consuming without knowing the damage you're doing to your body because of high sugar and carbohydrate content.

# SUGAR = ENERGY

## for the Body and Mind

### How Much Is Too Much?

Because the body turns carbohydrates into glucose, eating carbohydrates makes blood sugar levels rise. Glucose is important stuff – the cells in your muscles and brain use it for energy. Your diabetes care team can help you determine the amount of carbohydrates you can eat, while still keeping your blood glucose in check. According to the American Diabetes Association, how many carbohydrates you can eat is very individualized. Finding the right amount of carbohydrates depends on many things including how active you are and what, if any, medicines you take. Some people are active and can eat more carbohydrates. Others may need to have less to help keep their blood glucose in control.\*

**Source:** \*Carbohydrate Counting, diabetes.org

# GET MOVING >>

### Calorie Burn

Walking 15 minutes at 2 mph on a firm and level surface burns 26 calories every 15 minutes.

**NOTE:** Walking times and amount of calories burned vary based on individual weight, stride, speed of walking, and other factors.



# Foods that have more sugar than a glazed donut.

## Think about this.



A 12oz. can of soda contains 39g of sugar. That's nearly 4 plain glazed donuts.



One plain glazed donut contains 22g of carbohydrates including 10g of sugar. Eaten in combination with other high-carbohydrate food and drink items it could easily exceed your daily recommended allotment. Know what you're putting in your body and what it's doing to harm you.

### Medium Mocha Coffee

44g Carbs  
290 Calories

Walk  
53 minutes to burn off



### Blueberry Muffin

40g Carbs  
265 Calories

Walk  
48 minutes to burn off



### Pepperoni Pizza Slice

33.98g Carbs  
298 Calories

Walk  
54 minutes to burn off

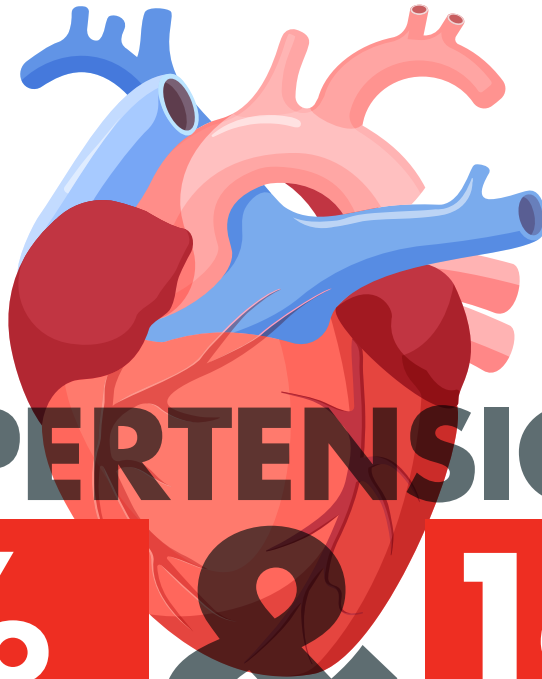


### Red Wine

4g Carbs  
125 Calories

Walk  
15 minutes to burn off





# HYPERTENSION

**68%**

of people with diabetes die from some form of heart disease.

**&**

**16%**

of people with diabetes die of stroke.

# HEART DISEASE

Hypertension, or high blood pressure, is a major risk factor for cardiovascular disease. When it's combined with diabetes, the risk for cardiovascular disease doubles.

**Source:** Cardiovascular Disease and Diabetes, [heart.org](http://heart.org)

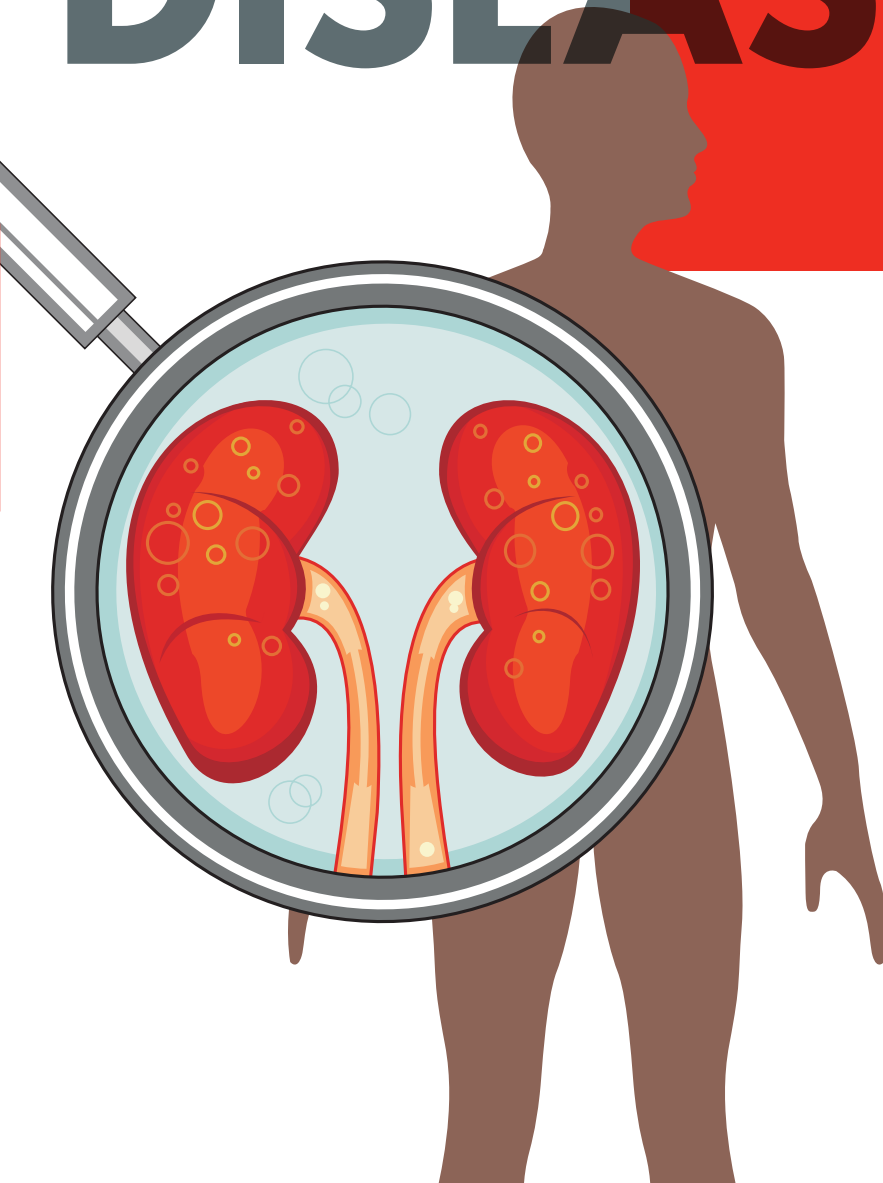


# KIDNEY DISEASE

In 2011,

# 228,924

people of all ages with kidney failure due to diabetes were on chronic dialysis or required a kidney transplant.\*



People with diabetes are at risk of diabetic nephropathy, or kidney disease. As many as 40%\*\* of those with diabetes develop this disease, which hinders the kidneys' ability to remove waste products and extra fluid from the body. Over time, the kidneys' become damaged and may progress to kidney failure, otherwise known as end-stage kidney disease, which is life-threatening.

### Sources:

- \* Statistics About Diabetes, [diabetes.org](http://diabetes.org)
- \*\* Diabetic Nephropathy: Diagnosis, Prevention, and Treatment, [care.diabetesjournals.org](http://care.diabetesjournals.org)

# EYE DISEASE

Diabetes can lead to a number of eye diseases such as diabetic retinopathy (blood vessels in the retina leak fluid or bleed, distorting vision), diabetic macular edema (a buildup of fluid in the macula used for reading, driving, and recognizing faces), cataracts (2-5 times more likely\* than someone without diabetes), and glaucoma (damages the optic nerve connecting the eye to the brain). All forms of diabetic eye disease have the potential to impair vision and even cause blindness.

**Source:** \*Facts About Diabetes Eye Disease, nei.nih.gov

# & BLINDNESS



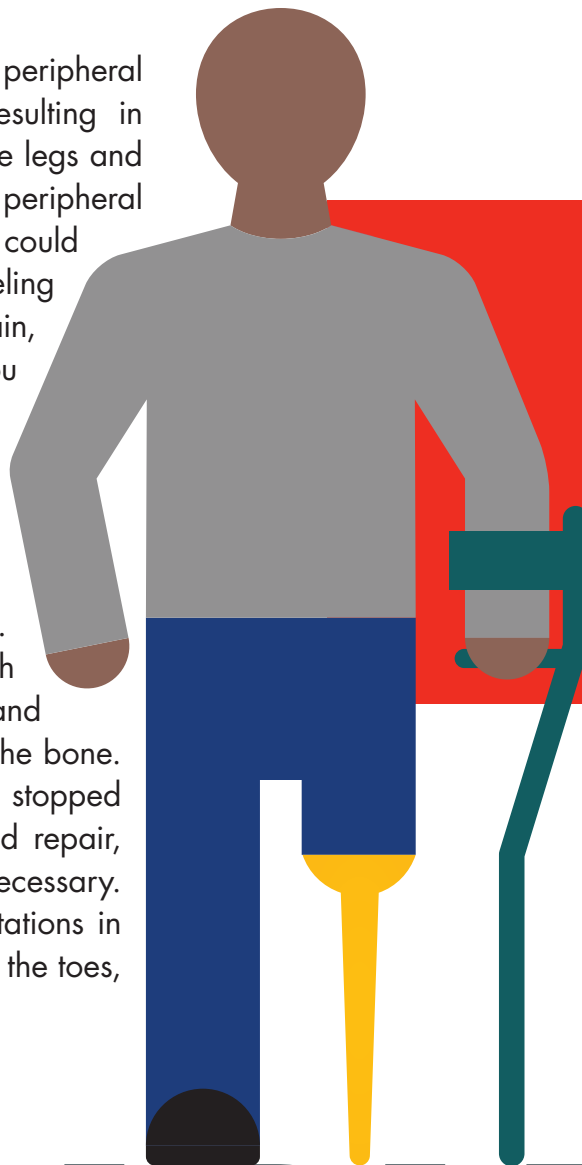
Approximately

# 12%

of all new cases of blindness in America are due to diabetic retinopathy.\*\*

**Source:** \*\*Diabetic Eye Disease, nei.nih.gov, professional.diabetes.org

Diabetes can lead to peripheral artery disease (PAD), resulting in reduced blood flow to the legs and feet. It can also lead to peripheral neuropathy, which could prevent you from feeling pain. If you can't feel pain, you may not notice you have a wound or ulcer on your feet. It can grow and become infected. Because of reduced blood flow, the wound may not heal. Tissue damage or death (gangrene) may occur, and infection may spread to the bone. If the infection can't be stopped or the damage is beyond repair, amputation may be necessary. The most common amputations in people with diabetes are the toes, feet, and lower legs.



# 73,000

lower-limb amputations were performed on adults with diabetes in 2010. **That's about 60% of all non-traumatic lower-limb amputations among people aged 20 years or older.\***

**Source:** \*Statistics About Diabetes, [diabetes.org](http://diabetes.org)

# AMPUTATIONS

Diabetes is a serious disease.  
It **CAN** kill you.

Diabetes is the **7th leading cause of death**  
in the United States. In 2010, 234,051 death certificates listed  
diabetes as an underlying or contributing cause of death.\*

**Source:** \*Statistics About Diabetes, [diabetes.org](http://diabetes.org)

MANAGE  
THE DAMAGE

You CAN do this.  
**WE'RE HERE TO HELP.**



## **DIABETES** *Prevention & Care Program*

The dangers outlined in this booklet are only a few of the Complications/ Co-Morbid Conditions identified by the American Diabetes Association.

Many patients with prediabetes and Type 2 diabetes don't follow, or are unable to follow, their doctor's recommendations for self-management. Patients often feel overwhelmed, confused, or discouraged by the "job" of diabetes.

Many people with diabetes are able to prevent or delay the onset of complications with the medical treatment and monitoring made available to you through the **Be Well @ Shell Diabetes** *Prevention & Care Program*.



If you are diagnosed with prediabetes or Type 2 diabetes,  
join the **BW@S Diabetes** *Prevention & Care Program*.

When you join the Program, you get personalized medical support and guidance. Your office visits to your doctor at Kelsey-Seybold related to this Program are offered at no charge. Your prescription medications related to diabetes are offered at no charge when they are filled at a Kelsey Pharmacy. The goal is to help you control your blood sugar – and reduce your risk of developing significant, often devastating complications that can come with uncontrolled diabetes.

The **Be Well @ Shell Diabetes** *Prevention & Care Program* makes it easier for you to get the continuing care you need. You receive comprehensive medical care, education, and diabetes medications at no cost to you.



## **DIABETES** *Prevention & Care Program*

For complete program details, including participation requirements, please refer to the **Be Well @ Shell Diabetes** *Prevention & Care Program* guide.



**WE'VE GOT YOU COVERED**

Learn more about the  
**BW@S Diabetes** *Prevention & Care Program*  
at **kelsey-seybold.com/shell**  
or  
call **713.442.SHLL (7455)**.