



# Grandparents Corner

*November 2012*

## American Diabetes Month

According to the Centers for Disease Control and Prevention (CDC), Diabetes is one of the most common chronic diseases among children in the United States.

Type 1 Diabetes routinely develops during childhood or juvenile-onset. Type 1 Diabetes develops when the body's immune system destroys pancreatic cells that make the hormone insulin which regulates blood sugar. People with Type 1 Diabetes must have daily insulin injections to survive. Diabetes can cause serious health complications including heart disease, blindness, kidney failure and lower-extremity amputations.

People who think they might have diabetes must visit a physician for a diagnosis. They may have some or none of the following symptoms:

- Frequent urination
- Excessive thirst
- Unexplained weight loss
- Extreme hunger
- Sudden vision changes
- Tingling or numbness in hands or feet
- Feeling very tired much of the time
- Very dry skin
- Sores that are slow to heal
- More infections than usual

Nausea, vomiting or stomach pains may accompany some of these symptoms in the abrupt onset of insulin-dependent diabetes.

### What are the Types of Diabetes?

- Type 1 Diabetes, previously called insulin-dependent diabetes mellitus (IDDM) or juvenile on-set, accounts for about 5 percent of all diagnosed cases of diabetes.
- Type 2 Diabetes, which was called non-insulin dependent, may account for about 90-95 percent of all diagnosed cases of diabetes.
- Gestational Diabetes is a type of diabetes that only affects pregnant women. If not treated, it can cause problems for mothers and babies. This type of diabetes develops in around 2-10 percent of all pregnancies and usually disappears when a pregnancy is over.

*Doctors and other health care professionals have medical know-how, but only the patient and caregiver can explain symptoms. Report any unusual symptoms, changes in condition, and complaints the person has. Answer True or False to the statements below*

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1. Caregivers can become advocates for the person in their care.    T    F
2. Fever may be caused by an infection and should always be reported.    T    F
3. If the doctor tells you to do something you know you can't do, such as give medication in the middle of the night, ask if there is another treatment.  
T    F
4. Lonely people are not more likely to suffer a decline in health than those who are content with their social lives.    T    F
5. According to federal law, a hospital must release patients in a safe manner or else must keep them in the hospital.    T    F
6. Ask about other options for tests, medications, and surgery, and why tests or treatments are needed and what the risks are.    T    F
7. Falls, if there is no pain, do not need to be reported to the doctor.    T    F
8. You should not gather a second opinion from another doctor when concerned about a recommended procedure.    T    F
9. Pressure sores should not be reported to the doctor.    T    F
10. Speak up if the doctor or nurse examine the person without first washing their hands.    T    F

**KEY:** 1. T 2. T 3. T 4. F 5. T 6. T 7. F 8. F 9. F 10. T