



Prevention Beat

November 14, 2011

Led by the International Diabetes Federation (IDF), November 14 is World Diabetes Day

World Diabetes Day (WDD) is held annually to raise awareness of diabetes and its complications and the care that people with this condition need. WDD was created in 1991 by the IDF and the World Health Organization (WHO) in response to growing concerns about the increasing health threat that diabetes pose. The Day is celebrated on 14 November to mark the birthday of Frederick Banting who, along with Charles Best, was instrumental in the discovery of insulin in 1922, a life-saving treatment for diabetes patients.



world diabetes day
14 November

The universal symbol for WDD symbolizes life and health and acts to give diabetes a common identity – the color blue reflects the sky that unites all nations while the circle signifies the unity of the global diabetes community in response to the diabetes pandemic.

Celebrated worldwide, **WDD is a campaign which aims to increase awareness of diabetes** and features a theme chosen by the IDF addressing issues facing the global diabetes community. This year's World Diabetes Day theme is Diabetes Education and Prevention. The 2011 slogan is Act on Diabetes. Now.

Nearly 26 million Americans from children to adults have diabetes and up to 79 million more are at risk for type 2 diabetes. WHO estimates that more than 346 million people worldwide have diabetes. This number is likely to more than double by 2030 without intervention. Almost 80% of diabetes deaths occur in low- and middle-income countries.

What is Diabetes?

Diabetes is a chronic disease, which occurs when the pancreas does not produce enough insulin, or when the body cannot effectively use the insulin it produces. This leads to an increased concentration of glucose in the blood (hyperglycaemia).

Type 1 diabetes (previously known as insulin-dependent or childhood-onset diabetes) is characterized by a lack of insulin production.

Type 2 diabetes (formerly called non-insulin-dependent or adult-onset diabetes) is caused by the body's ineffective use of insulin. It often results from excess body weight and physical inactivity. Healthy diet, regular physical activity, maintaining a normal body weight and avoiding tobacco use can prevent or delay the onset of type 2 diabetes.

Diabetes often goes undiagnosed because many of its symptoms seem harmless:

Type 1 diabetes symptoms

- Frequent urination
- Unusual thirst
- Extreme hunger
- Unusual weight loss
- Extreme fatigue and irritability

Type 2 diabetes symptoms*

- Any of the type 1 symptoms
- Frequent infections
- Blurred vision
- Cuts/bruises that are slow to heal
- Tingling/numbness in the hands/feet
- Recurring skin, gum or bladder infections

*Often people with type 2 diabetes have no symptoms.

What are common consequences of diabetes?

Over time, diabetes can damage the heart, blood vessels, eyes, kidneys, and nerves.

- Diabetes increases the risk of heart disease and stroke. 50% of people with diabetes die of cardiovascular disease (primarily heart disease and stroke).
- Combined with reduced blood flow, neuropathy in the feet increases the chance of foot ulcers and eventual limb amputation.
- Diabetic retinopathy is an important cause of blindness, and occurs as a result of long-term accumulated damage to the small blood vessels in the retina. After 15 years of diabetes, approximately 2% of people become blind, and about 10% develop severe visual impairment.
- Diabetes is among the leading causes of kidney failure. 10-20% of people with diabetes die of kidney failure.
- Diabetic neuropathy is damage to the nerves as a result of diabetes, and affects up to 50% of people with diabetes. Although many different problems can occur as a result of diabetic neuropathy, common symptoms are tingling, pain, numbness, or weakness in the feet and hands.
- The overall risk of dying among people with diabetes is at least double the risk of their peers without diabetes.

Prevention

Simple lifestyle measures have been shown to be effective in preventing or delaying the onset of type 2 diabetes. To help prevent type 2 diabetes and its complications, people should:

- achieve and maintain healthy body weight;
- be physically active – at least 30 minutes of regular, moderate-intensity activity on most days. More activity is required for weight control;

- eat a healthy diet of between three and five servings of fruit and vegetables a day and reduce sugar and saturated fats intake;
- avoid tobacco use – smoking increases the risk of cardiovascular diseases.

Diagnosis and treatment

Early diagnosis can be accomplished through relatively inexpensive blood testing.

Treatment of diabetes involves lowering blood glucose and the levels of other known risk factors that damage blood vessels. Tobacco use cessation is also important to avoid complications.

Interventions that are both cost saving and feasible in developing countries include:

- moderate blood glucose control. People with type 1 diabetes require insulin; people with type 2 diabetes can be treated with oral medication, but may also require insulin;
- blood pressure control;
- foot care.

Other cost saving interventions include:

- screening and treatment for retinopathy (which causes blindness);
- blood lipid control (to regulate cholesterol levels);
- screening for early signs of diabetes-related kidney disease.

These measures should be supported by a healthy diet, regular physical activity, maintaining a normal body weight and avoiding tobacco use.

Want to learn more? Visit the American Diabetes Association at <http://www.diabetes.org/>.

Adult Quick Care now has flu shots available at all Kansas City area locations as well as our St. Joseph location.

******We are now open Saturdays at our Independence location from 9am – 1pm to serve your occupational medicine and urgent care needs. Our Independence location is open 5pm – 9pm Monday – Friday to serve your after hour needs as well******



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****Please feel free to forward this information to any member of management in your company who would benefit from it.****

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OHS-COMP CARE now featuring Adult Quick Care (Urgent Care Services) has seven (7) area clinical facilities:

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St. Joseph, MO 64501
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Grandview, MO 64030
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Kansas City, MO 64120
816-483-5550

Wyandotte County Clinical Facility
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Kansas City, KS 66102
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