



## REMINDER: Diabetes Overview

*BQIS Fact Sheets provide a general overview on topics important to supporting an individual's health and safety and to improving their quality of life. This document provides general information on the topic and is not intended to replace team assessment, decision-making, or medical advice.*

### Description of Issue and Importance

Diabetes is the leading cause of blindness, heart disease, chronic kidney disease, amputation, and stroke.

Type 2 diabetes is growing at an alarming rate. It is linked to obesity and inactivity. The popularity of processed food, junk food, and fast food is a contributing factor. Type 2 diabetes, formerly called "adult onset diabetes", is being diagnosed at earlier ages due to obesity and inactivity in children.

Prolonged use of antipsychotic medications and steroids may contribute to worsening diabetic control.

Type 2 diabetes is controlled with diet, exercise, and/or oral medications. Complications of diabetes such as skin, kidney, heart, eye, and neurovascular changes may be prevented with good diabetes management.

### Recommended Action and Prevention Strategy

- Steps to take to avoid developing type 2 diabetes:
  - Eat healthily
  - Exercise
  - Control your weight.
  - If you are taking antipsychotic medications (within first two weeks of beginning the medication) or steroids, discuss how to manage the risk with your doctor.
- Steps to take to avoid developing complications if you are diabetic:
  - Check and write down your blood sugar levels routinely.
  - If you feel funny or have symptoms, take action as per doctor's recommendation.
  - Try to maintain your blood sugar levels at the pre-determined target range.

- Eat healthily, maintain a healthy weight, and exercise (consult with doctor on an exercise regimen).
- Take medications as prescribed.
- Check your skin often for open areas or sores.
- Report changes in health or vision to the physician.

### References

*Anderson, P. (2009). Antipsychotics linked to increased risk for hyperglycemia in seniors with diabetes. Medscape Medical News. Retrieved 09/15/2015 from: <http://www.medscape.com/viewarticle/706710>*

*Centers for Disease Control and Prevention. Living with diabetes. Retrieved 09/15/2015 from: <http://www.cdc.gov/diabetes/living/index.html>*

*University of California San Diego School of Medicine: Developmental disabilities resources for healthcare providers. (2009) Diabetes. Retrieved 09/15/2015 from: <https://cme.ucsd.edu/ddhealth/courses/diabetes.html>*