



CLEVELAND REGIONAL MEDICAL CENTER

Gudrun Novak, coordinator of the Diabetes Center at Cleveland Regional Medical Center, gets a man's medical history before he becomes a client of the Diabetes Center that has been recognized by the American Diabetes Association as a Center of Excellence. The Diabetes Center provides diabetes care and education services promoting self-management, blood glucose control and prevention of acute and long term illness. Education is an integral part of quality care for patients with diabetes and their families.

DIABETES

Find out if you are at risk by attending a diabetes screening at Cleveland Regional Medical Center

By PAULA VESS
Regional Marketing Group

SHELBY - Diabetes is a life-changing, chronic disease that requires day-to-day management. Cleveland Regional Medical Center's Diabetes Center can help with controlling this disease.

With education and self-awareness, people with diabetes can continue to have full and active lives. In an effort to raise awareness about undiagnosed diabetes and pre-diabetes the ADA has created an annual alert day. The 22nd Annual American Diabetes Association Alert Daysm will occur on Tuesday, March 23.

"If diabetes is diagnosed early and blood sugars are kept in relatively good control, the long-term complications are greatly diminished," said Gudrun Novak, coordinator of the Diabetes Center. "Medications are important but having a good understanding of the disease and making healthy lifestyle changes are the foundation of good diabetes management."

The two main groups of diabetes are Type 1 and Type 2. Both involve the body's inability to produce or properly use insulin, the hormone that is needed to convert sugar, starches and other food into energy needed for daily life. Type 1 diabetes is usually diagnosed in children and young adults, and was previously known as juvenile diabetes. Type 2 diabetes is the most common form of diabetes. In type 2 diabetes, either the body does

not produce enough insulin or the cells ignore the insulin.

Insulin is necessary for the body to be able to use glucose for energy. When you eat food, the body breaks down all of the sugars and starches into glucose, which is the basic fuel for the cells in the body. Insulin takes the sugar from the blood into the cells. When glucose builds up in the blood instead of going into cells, it can cause two problems:

- Right away, your cells may be starved for energy.

- Over time, high blood glucose levels may hurt your eyes, kidneys, nerves or heart.

"Today, management of glucose is increasingly possible, even for previously difficult to manage cases, thanks to research passed on to us," said Neeraj Ashri, MD, with Cleveland County HealthCare System.

Dr. Ashri is an endocrinologist, a physician who specializes in the diagnosis and treatment of conditions related to the endocrine system, which includes the thyroid, parathyroid, ovaries, testes, adrenal, pituitary, hypothalamus and pancreas – the organ responsible for producing and regulating insulin.

Because diabetes increases a person's risk for heart disease, stroke, kidney disease, blindness and amputation, one of the real dangers is letting it go undiagnosed. According to the NC Department of Health and Human Services, about 3.4 percent of North Carolina's population has undetected diabetes

and the occurrence of diabetes has increased by 102 percent over the last 10 years.

The impact of diabetes on the state's population is almost impossible to calculate, but the American Diabetes Association estimates that in 2006 the total cost of diabetes in North Carolina was \$5.3 billion, and is expected to increase.

In addition, it is estimated that more than 400,000 North Carolinians have pre-diabetes, a condition in which the blood glucose level is higher than normal but is not high enough to be classified as diabetes. If left untreated it can become Type 2 diabetes within 10 years.

"It is important to screen for pre-diabetes, especially if you have any risk factors such as family history, you are over age 45, or you are overweight," said Novak. "People with pre-diabetes are at a higher risk of having cardiovascular disease. Despite not having any symptoms, these people may already be experiencing some long-term damage to the body, especially to the heart and circulatory system."

Studies show that many people can prevent or delay the onset of Type 2 diabetes by losing 5 percent to 7 percent of their body weight through physical activity and developing healthier eating habits.

"Not long ago, we accepted that Type 2 diabetes is a progressive disease, but newer therapies along with exercise and healthy food choices have the potential to challenge that notion," said Dr. Ashri.



Diabetes Alert Day

WHAT:

Diabetes Screening

WHERE:

Cleveland Regional Center lobby

WHEN:

Tuesday, March 23, 7:30 a.m. to 10 a.m.

INFORMATION:

Call 980-487-3953 for an appointment or more information.

The screening will offer blood glucose tests and a screening test. Fasting is recommended but the test can be performed even if the person has eaten. Certified diabetes educators will be on hand to interpret the results of the test and provide basic information about diabetes.

For more information, please contact CRMC's Diabetes Center at 980-487-3953.

Symptoms

Studies show that early detection and treatment can decrease the chance of developing the complications of diabetes.

Type 1 Diabetes

- ❖ Frequent urination
- ❖ Unusual thirst
- ❖ Extreme hunger
- ❖ Unusual weight loss
- ❖ Extreme fatigue and Irritability

Type 2 Diabetes*

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

*Often people with type 2 diabetes have no symptoms

Source: American Diabetes Association, www.diabetes.org

Total Cost of Diabetes

The Centers for Disease Control and Prevention estimate that the total cost of diabetes in America is approximately \$174 billion.

Average medical expenditures among people with diagnosed diabetes are about twice as high as those without diabetes.

It is estimated that the indirect cost of diabetes from loss of productivity, disability or premature death is about \$58 billion.

Who is at risk?

Some groups have a higher risk for developing type 2 diabetes than others. Type 2 diabetes is more common in African Americans, Latinos, Native Americans, and Asian Americans/Pacific Islanders, as well as the aged population, according to the American Diabetes Association.



Dr. Ashri

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Cleveland Regional Medical Center: 980-487-3000
Kings Mountain Hospital: 980-487-5000
www.ClevelandCountyHealthCareSystem.org



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