



SENIORCARE OPTIONS

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770-579-9177

**Candor. Compassion.
Competence.**

Aging Life Care Management
for the Metro Atlanta Area
Assisting medically frail seniors,
disabled adults, & their caregivers



Pre-Diabetes - The risk! What can be done?

An estimated **86 million people** in the United States over 20 years old are considered Pre-Diabetic. To put this into perspective – this number is more than the combined population of all the Southeastern states!!!

Prediabetes is a condition that can lead to Type 2 Diabetes and to an increased risk of heart disease. To be pre-diabetic, one's blood glucose (sugar) levels are higher than normal but not high enough to be called diabetes. Once diagnosed, Type 2 Diabetes is an incurable condition that requires constant management frequently leading to a host of symptoms and complications within multiple body systems – and remains the 7th leading cause of death in the US.

So – since we know that the staggering numbers equaling an entire region of our country is at an incredible risk for an incurable, debilitating, and deadly disease – why are we not talking about this more?!?!?

It is likely because the prevention is not a quick fix, an instant solution, or isn't necessarily easy.

It requires real, consistent lifestyle changes and requires a hard look at how our daily choices affect our health.

What risks cannot be modified? Age, ethnicity, and having an immediate family member with diabetes. And, what risk factors might we modify? There are many more that we can than those we cannot...

Being overweight. Being physically inactive. Behaviors and diet choices leading to high blood pressure, high levels of bad cholesterol, and high levels of blood fats (triglycerides). Smoking. Poor diet choices leading to high levels of blood sugars in time exhausting our body's natural ability to manage through insulin production.

What does this mean for you or those under your care? It's vitally important to consistently do the following:

- *Eat the proper foods at the proper times to **FUEL** the body – including an increase to eat lots of non-starchy vegetables and low/no-calorie drinks with controlled portions of starchy foods, lean proteins, good fats, fruits, and dairy.*
- *Increase physical activity – any way you can!*
- *Maintain a healthy weight and have an increased awareness about how being overweight can directly affect both one's current and future health.*
- *Stop smoking. The effects are many and astounding.*
- *Monitor blood pressure and blood sugar levels through regular check-ups. Be proactive!*

It's amazing but we know what you are thinking... Ugh! A broken record! These things are obvious! Not these same things again!

If obvious and familiar to us all, why are so many still at risk? In all honesty, the lifestyle changes required to reduce one's risk can be tough to keep and require a conscious effort. It may require saying no to things and foods that are temporarily pleasurable, stepping outside of one's comfort zone, and changing priorities.

It's important to talk to your doctor about your own risk factors and make the lifestyle and dietary changes necessary to reduce risk. If you are diagnosed as pre-diabetic, do what you can to not allow the diagnosis to develop into diabetes. If you are diabetic, proper lifestyle choices can lead to a reduction in symptoms, a delay or avoidance of complications, and an increased quality of life.

The steps toward these changes may in small increments – but, have great overall impact. If this means a lot more veggies, a few less cigarettes (or none at all), a few more stairs, and a lot more (sometimes difficult) self-awareness – the potential to avoid this devastating condition is completely worth it.

Resource Available

American Diabetes Association – www.diabetes.org Website full of information to assess risk, inform about pre-diabetes/diabetes, support lifestyle changes, and promote education to ourselves and our communities.

Support Group Information

Lacy Doremus, LMSW, C-ASWCM, facilitates a monthly caregiver support group at 7pm at Presbyterian Village - conference room between Hearthstone and Wellness center. The address is 2000 E West Connector Austell, GA and meetings are held the last Tuesday of each month at 7pm.

About SeniorCare Options

SeniorCare Options provides Certified Aging Life Care Management throughout the Metro-Atlanta area. Our team consists of Master's level clinicians in the fields of counseling, social work, therapeutic recreation, and registered nursing. Our backgrounds are vast and specific to the current clinical needs of our clients and their families who may be in transition, have chronic or difficult-to-manage conditions, and who require increased guidance. Our interdisciplinary focus, extensive experience, and heightened sensitivity to their specific needs prove to be an invaluable asset to families faced with the maze of options and care needs. **For more information** regarding Aging Life Care Management services, our support groups, or to inquire about requesting services for someone under your care, **please contact us at: 770-579-9177 or brandih@seniorcareopt.com.**