LAKE CHELAN COMMUNITY
HOSPITAL & CLINICS

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WHY DO YOU HAVE DIABETES?

DR. MEGAN GUFFEY | 682-2511 | LAKE CHELAN CLINIC

Researchers don't fully understand why some people develop type 2 diabetes, and others don't. It's clear, however, that certain factors increase the risk, including:

- **Weight.** Being overweight is a primary risk factor for type 2 diabetes. The more fatty tissue you have, the more resistant your cells become to insulin. However, there is a subgroup of people that get type 2 diabetes without being overweight.
- **Fat distribution.** If your body stores fat primarily in your abdomen, your risk of type 2 diabetes is greater than if your body stores fat elsewhere, such as your hips and thighs.
- **Inactivity.** The less active you are, the greater your risk of type 2 diabetes. Physical activity helps you control your weight and uses up glucose as energy. More muscle makes you more sensitive to insulin.
- **Family history.** The risk of type 2 diabetes increases if your parent or sibling has type 2 diabetes.
- **Race.** Although it's unclear why, people of certain races are more likely to develop type 2 diabetes than others.
- **Age.** The risk of type 2 diabetes increases as you get older, especially after age 45. That's probably because people have hormonal changes, tend to exercise less, lose muscle mass and gain weight as they age. But type 2 diabetes is also increasing dramatically among children, adolescents and younger adults.

Nutrition Counseling

Registered dietician Abby Pattison provides outpatient medical nutrition therapy. Achieve your healthiest self through a personalized nutrition plan. Pediatric services available. Abby sees patients at the Lake Chelan Clinic at 219 E. Johnson Avenue in downtown Chelan. Call 682-2511 to make an appointment.

OUR MISSION IS TO PROVIDE PATIENT-CENTERED, QUALITY HEALTH CARE WITH COMPASSION AND RESPECT.

LAKE CHELAN COMMUNITY HOSPITAL & CLINICS

Special Diabetes Issue

Serving our community for more than 65 years

Dr. Amy Hutton
Family Physician

House Calls

DIABETES: THE NATIONAL HEALTH PROBLEM CLOSE TO HOME

DR. AMY HUTTON | 682-2511 | LAKE CHELAN CLINIC

As a family physician, I see and treat diabetes daily. Over my 13 years practicing in the Lake Chelan valley, I've witnessed a significant increase in patients with diabetes. Receiving the diagnosis is emotionally upsetting for my patients and leads to more office visits, labs, medicines and healthcare costs.

One in nine adults in our country has diabetes, and numbers are increasing. This trend is worrisome and frightening, especially knowing patients with diabetes have more cardiac and neurologic complications, as well as shorter life expectancies. People with diabetes are more likely to have strokes, heart attacks, blindness, amputations, kidney failure and depression. One of every five dollars spent in healthcare is for diabetes care!

If the current increase in diabetes continues, one in three people in the United States will have the disease by 2015. That will have very serious consequences.

Fortunately, I have seen patients make significant lifestyle changes - specifically with diet and exercise. In turn, they reap huge rewards. Many have lowered, or even stopped, their medications. They have more energy, sleep better and enjoy a more enjoyable quality of life. I love to see that! I know it's possible for people to make positive changes and improve their health. Please learn more about diabetes diagnosis, prevention and treatment in this special issue of House Calls.

Lake Chelan Clinic
Walk-in Hours
Monday - Friday
8 AM - 6 PM
Saturday
9 - 11:30 AM

KRISTI MORRIS
PHYSICIAN ASSISTANT

HOW CAN I BE TESTED FOR DIABETES?

DR. JAY WASZKEWITZ | 682-2511 | LAKE CHELAN CLINIC

Diabetes can be diagnosed by checking the glucose level in your blood. A fasting glucose over 126 on more than two occasions gives you the diagnosis of diabetes. A random sugar of over 200 highly suggests diabetes. Normal fasting sugar should be 99 or less, so pre-diabetes is likely if your fasting glucose is over 100. Doctors also rely on a glycated hemoglobin (A1C) test. This blood test indicates your average blood sugar level for the past two to three months. It measures the percentage of blood sugar attached to hemoglobin, the oxygen-carrying protein in red blood cells. The higher your blood sugar levels, the more hemoglobin you'll have with sugar attached. An A1C level of 6.5 percent or higher on two separate tests indicates you have diabetes. A result between 5.7 and 6.4 percent is considered pre-diabetes, which indicates a high risk of developing diabetes. Normal levels are below 5.7 percent.

WHAT IS DIABETES?

DR. TOBY HARBERD, FAMILY PHYSICIAN | 682-2511 | LAKE CHELAN CLINIC

Type 2 diabetes develops when the body becomes resistant to insulin or when the pancreas stops producing enough insulin. Exactly why this happens is unknown, although genetics and environmental factors, such as excess weight and inactivity, seem to be contributing factors.

Pre-diabetes is another very common condition in which your blood sugar level is higher than normal, but not high enough to be classified as diabetes. Left untreated, pre-diabetes will most likely progress to type 2 diabetes.

In type 2 diabetes, your body does not use insulin properly. This is called insulin resistance. At first, the pancreas makes extra insulin to make up for it. But over time your pancreas isn't able to keep up and can't make enough. The glucose then stays in the bloodstream rather than moving into the cells, where it is needed to provide energy for vital functions. 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 and you don't feel well. And, over time, high blood glucose levels may hurt your eyes, kidneys, nerves or heart. This leads to some of the medical problems people with diabetes experience.

HOW DO I CONTROL MY DIABETES?

KELLY BAINBRIDGE, PA | 682-2511 | LAKE CHELAN CLINIC

The BEST ways to control your diabetes or prevent yourself from developing it are lifestyle changes. Medications can help, but changes in habits and lifestyle are going to have the biggest impact. These include:

- **Maintain (or return to) a healthy weight.** Obesity is a leading risk factor for developing type 2 diabetes. It may be reassuring to know that if you are overweight, dropping a moderate 5 -10 percent of your weight cuts your risk of developing diabetes in half.
- **Change your diet.** If you have diabetes or are at risk, your body is likely very sensitive to carbohydrates. A diet that focuses on vegetables, proteins and healthy fats will help keep your blood sugar and insulin levels lower. A dietician is an excellent resource to help you develop a personalized plan.
- **Cut out sugary drinks.** Health data shows that women who drink two or more sweet drinks a day (think soda or fruit juice) have a 25 to 30 percent higher risk of diabetes than their peers.
- **Get moving.** At least 30 minutes of exercise a day can help you achieve weight loss goals and cut your diabetes risk — but exercise also has a beneficial effect on blood sugar and insulin levels. Supervised weight training is important, especially as you age and lose muscle tone and mass.
- **Cut back on TV time.** The hours you spend watching television are correlated with diabetes risk.

Diabetes Smackdown | **The Ultimate Solution**

A private seminar presented by Dr. Amy Hutton and Fletcher Ellingson, Diabetes Smackdown may help those with Type 2 diabetes or pre-diabetes, a history of gestational diabetes or conditions making diabetes more likely, such as obesity, create lasting health behavior changes. **Campbell's Resort, Sat. Nov. 14, 8 AM - 7 PM.** $75. Lunch and snacks provided. Limited seating. To register, go to DiabetesSmackdown.com or call 509-679-0927. Dr. Hutton has practiced family medicine for 13 years at the Lake Chelan Clinic and provides Diabetes care to hundreds of patients annually. Fletcher Ellingson provides personal coaching and motivational speaking.