



# HEALTH & WELLNESS NEWS

## November is Diabetes Awareness Month

### What is diabetes?

Diabetes is a condition that occurs when there is too much sugar (also known as glucose) in your blood. Sugar is an important source of energy and fuel for the body. Your body gets sugar from the foods you eat, and it also produces its own sugar in the liver and kidneys. A hormone called insulin, which is produced by your pancreas, allows the sugar in your blood stream to be used by the cell. Much like a key opens a lock, insulin unlocks your cells to use sugar as a source of fuel. If your body either does not produce insulin (Type 1 diabetes) or your body does not produce enough insulin to move the sugar into your cells (Type 2 diabetes) this will cause too much sugar to stay in your blood.

### What is Type 1 diabetes?

Type 1 diabetes occurs when the cells in the pancreas that produce insulin are damaged and stop producing insulin. In some cases, the cells may produce a little insulin, but it is not near the amount that the body needs. The damage to these cells occurs typically through an immune response much like when your body fights off a cold. The problem is that it is fighting itself instead of a virus. Other ways that damage occurs is through surgical removal of these cells for conditions such as pancreatic cancer. Since the body is no longer producing the insulin needed to move the sugar from the blood into the cells to be used, this condition requires treatment with insulin replacement.

### What is gestational diabetes?

Gestational diabetes occurs in pregnancy. Most women will be tested for diabetes early in their pregnancy before 12 weeks of pregnancy to confirm that they do not have Type 1 or Type 2 diabetes. At approximately 24 weeks of pregnancy they will undergo another test for diabetes called oral glucose tolerance test. If this is abnormal, a patient is considered to have gestational diabetes. Although, it is not exactly known what causes gestational diabetes, we do have some pretty good ideas. The placenta releases hormones during pregnancy to help the fetus grow and develop, and these same hormones also block the action of insulin in the mother. This causes insulin resistance in the mother. A pregnant mother can require up to three times the amount of insulin compared to a non-pregnant woman, therefore if the pregnant mother's pancreas is not able to keep up with the demands of insulin this can cause diabetes during the pregnancy.

### What is pre-diabetes?

In years past, people were told they had "borderline diabetes" by health care providers. This was confusing to patients, and new terms and guidelines have been developed. What people used to refer to as "borderline diabetes" is now known as pre-diabetes. This is a warning sign to those who may be at high risk for Type 2 diabetes. Pre-diabetes occurs as the number of cells that produce insulin in your pancreas begin to decrease, and the cells of your body do not use the insulin (insulin resistance) produced as well. This can be described like when you put the key into a lock but it gets stuck and does not open the lock all the way. Pre-diabetes with lifestyle changes including diet and exercise can delay the onset of Type 2 diabetes by 10 years or more.

### What is Type 2 diabetes?

Type 2 diabetes usually is not diagnosed until more than 50 percent of the cells that produce insulin have damage due to overproduction of insulin. Much like in pre-diabetes, Type 2 diabetes occurs from the decreased amount of insulin being produced, the cells of your body do not use the insulin properly and your body no longer is able to adjust the amount of sugar in your blood on its own. This leads to high blood sugar. Over time, high blood sugar can lead to serious problems with your eyes, heart, kidneys and nerves.

Type 2 diabetes is most common in American Indian and Alaska Native people. This type of diabetes can occur at any age, even in children.

### What are the signs of Type 2 diabetes?

Signs of Type 2 diabetes can be severe, very mild or none at all, depending on how high blood sugars have become. Look for these signs:

- Increased thirst;
- Increased hunger;
- Fatigue (feeling very tired most of the time);
- Increased urination;
- Unexplained weight loss;
- Blurred vision.

### Risk Factors for Type 2 Diabetes:

- Over the age of 45 years;
- Being physically inactive;
- Having a parent, brother or sister with diabetes;
- Being diagnosed with gestational diabetes during pregnancy;
- Being overweight.

### Screening for Type 2 diabetes:

It is recommended that screening begins every three years for diabetes for anyone over the age of 45, or earlier if you are at high risk for diabetes. It is important to speak with your primary care provider to decide when you should begin screening for diabetes.

### Where you can get help managing and decreasing risks associated with pre-diabetes and diabetes.

- Your health care team (doctor, nurse, diabetes educator, dietitian, psychologist, fitness coach, social worker) can help. They can help you create a physical activity and healthy eating plan that will work for you. They also can inform you of the medication used to treat diabetes.
- Get help from others. Talk with your family and friends and ask for support.

*Information provided by the Indian Health Service and the American Diabetes Association.*

## Health & Wellness Center closures

- Friday, Nov. 10 – Veterans Day (All day)
- Wednesday, Nov. 22 – Restoration Day (All day)
- Thursday, Nov. 23 – Thanksgiving (All day)
- Friday, Nov. 24 – Day after Thanksgiving (All day)

***Be sure to request your prescriptions early to cover closure days.***

## Shasta representative in Grand Ronde

Sue Nieto, Shasta Administrative Services Customer Service representative, is now located at the Grand Ronde Health & Wellness Center, 9615 Grand Ronde Road.

Her office is located upstairs in front of the Molalla Room. Hours are from 9 a.m. to 5:30 p.m. Monday through Friday with lunch from 1:30 to 2 p.m.

Her phone number is 800-880-5877, ext. 2313.



**Sue Nieto**

## Mobile Clinic at the EAC

Come join the Mobile Clinic at the Elders Activity Center (EAC)  
 11 a.m. to 1:30 p.m. Tuesday, Nov. 14  
 Door prizes with raffle tickets (must be present to win)  
 And we will be playing Diabetic Family Feud!!  
 Come join the fun, eat lunch, win prizes and learn at the same time.

## Grand Ronde Health & Wellness Pharmacy

***Please be advised for:  
 Refill Requests***

In order to best serve you, please note the following time requirements for your refill requests:

**(Valid) Refills remaining – 48-72 hours  
 NO refills remaining – up to 7 days\***

\*This allows us time to coordinate and correct any needs that may exist for your refill

**PLEASE LET US KNOW IF YOU WILL BE OUT BEFORE THIS TIME FRAME ON A MAINTENANCE MEDICATION SO THAT WE CAN BEST ACCOMMODATE YOUR NEEDS.**

Thank you for allowing us to serve your prescriptions needs.

## Check out the Mobile Clinic at Restoration

10 a.m. to 2 p.m. Wednesday, Nov. 22

Parked next to the Tribal gym

Get flu shots, a tour of the Mobile Clinic, your blood pressure checked and some great information on diabetic education.

We will be waiting for you!!

