

MANAGING YOUR TYPE 2 DIABETES

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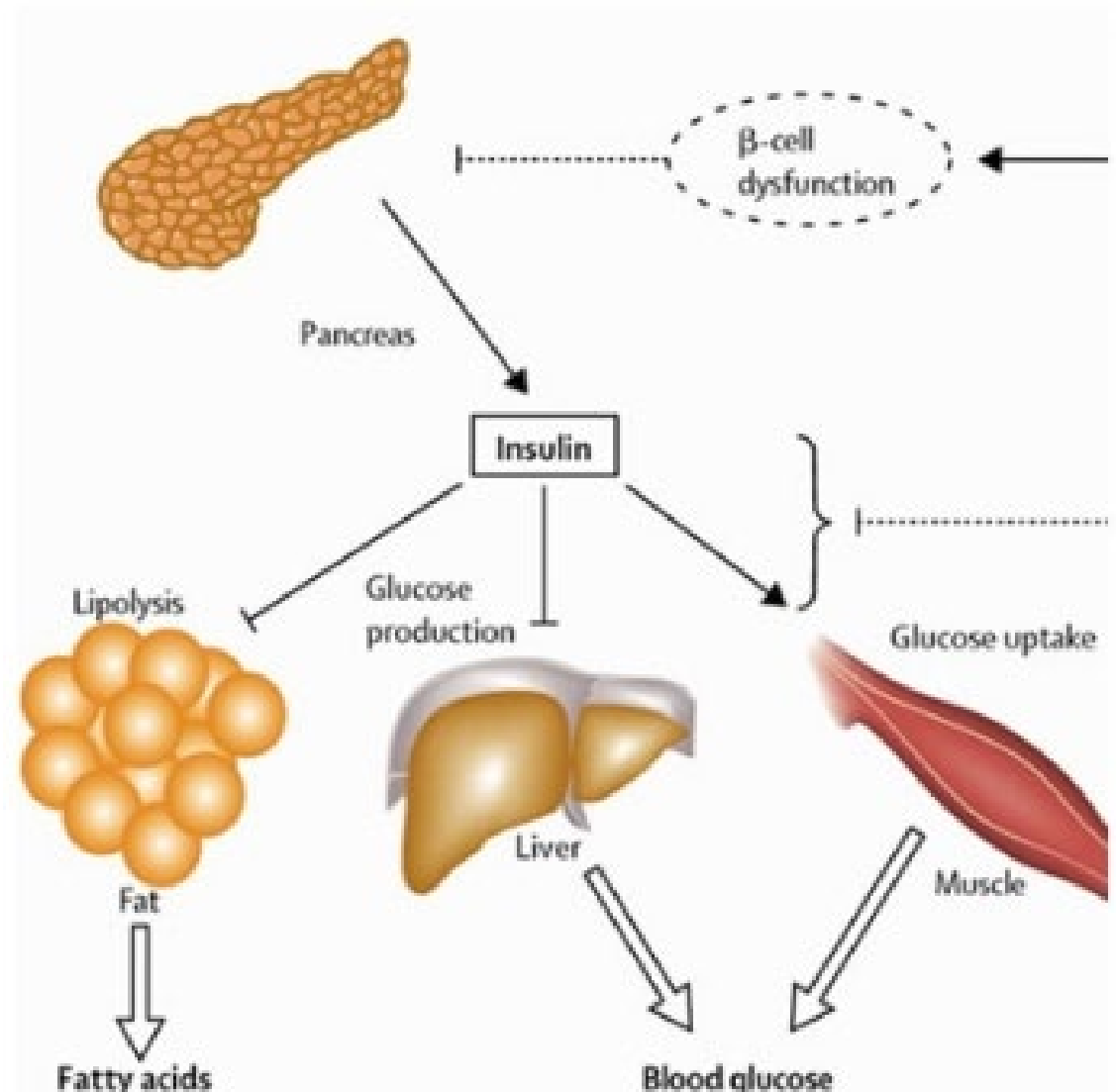
COMMON QUESTIONS

- **WHAT IS TYPE 2 DIABETES?**
- **WHY DID I GET IT?**
- **WHY DO I NEED TO TREAT IT?**
- **HOW DO I TREAT IT?**
- **MY DOCTOR SAID I HAVE PRE-DIABETES. WHAT DOES THAT MEAN?**
- **WHAT DO I HAVE TO DO TO NOT GET DIABETES?**

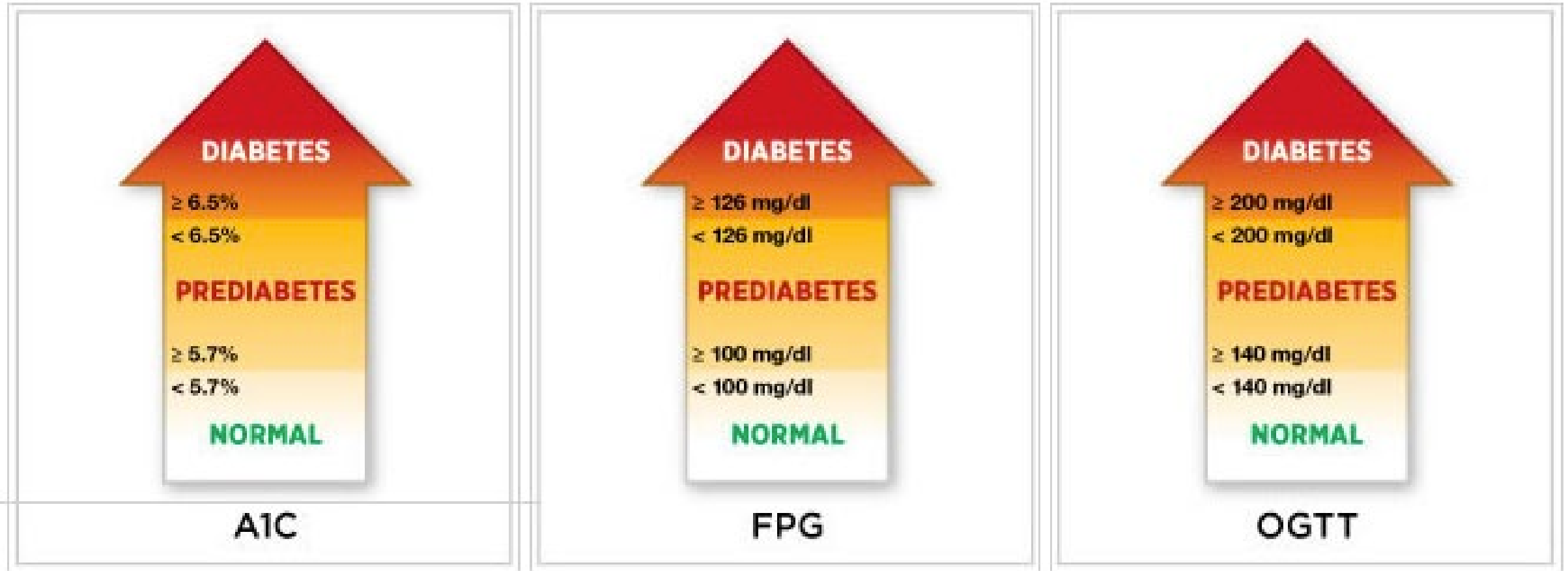


WHAT IS TYPE 2 DIABETES?

- The body doesn't use the hormone Insulin Properly
- Blood sugar goes high



WHAT IS TYPE 2 DIABETES?



WHY DID I GET DIABETES?

- Genetic predisposition
- Lifestyle "trigger" factor
 - Obesity

WHY DO I NEED TO TREAT IT?

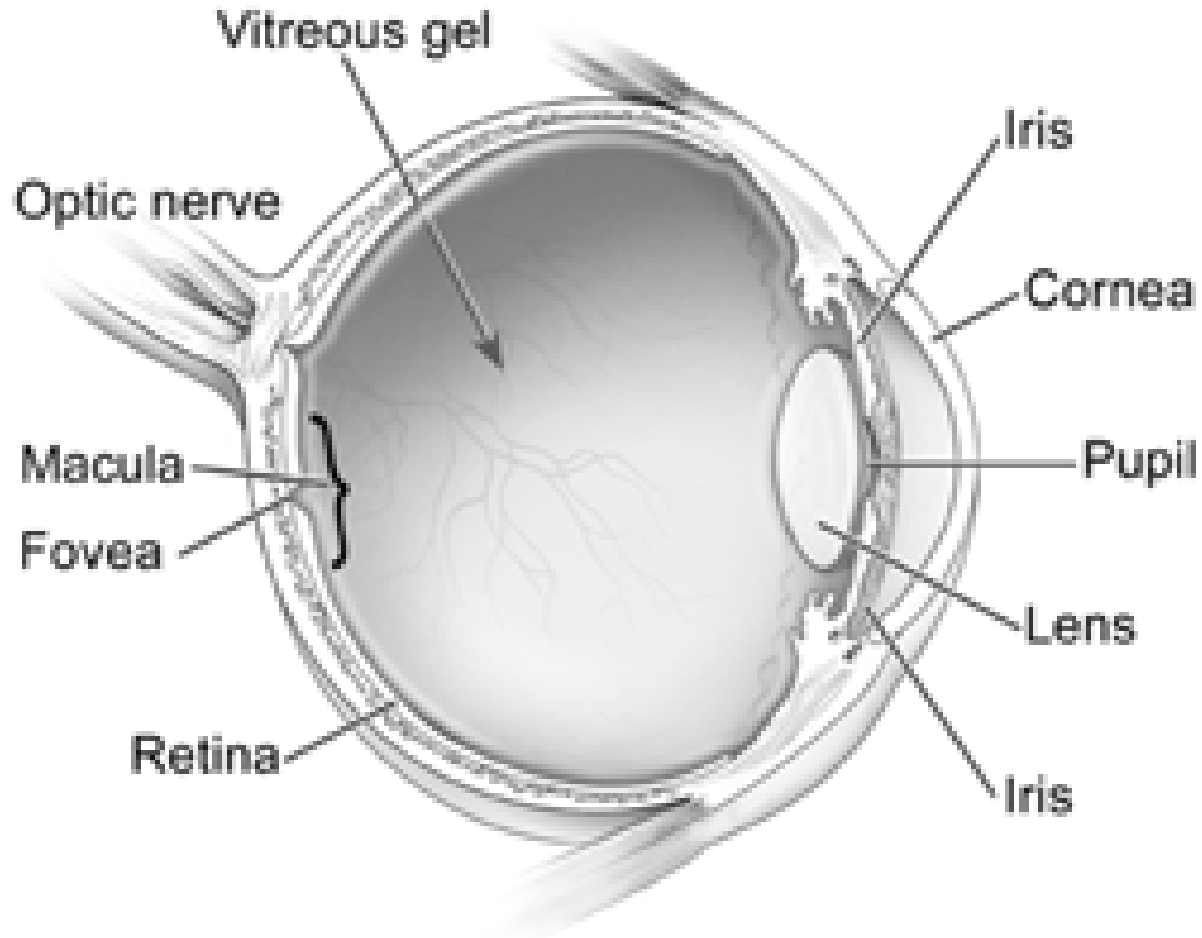
- **Diabetes causes more deaths per year than breast cancer and AIDS combined**
- **Having diabetes nearly doubles your chance of having a heart attack.**
- **We treat to reduce the risk of diabetes complications**

SKIN COMPLICATIONS

Diabetic dermopathy
And multiple other skin
affections can happen.
Including skin infections.



EYE COMPLICATIONS



- CATARACTS

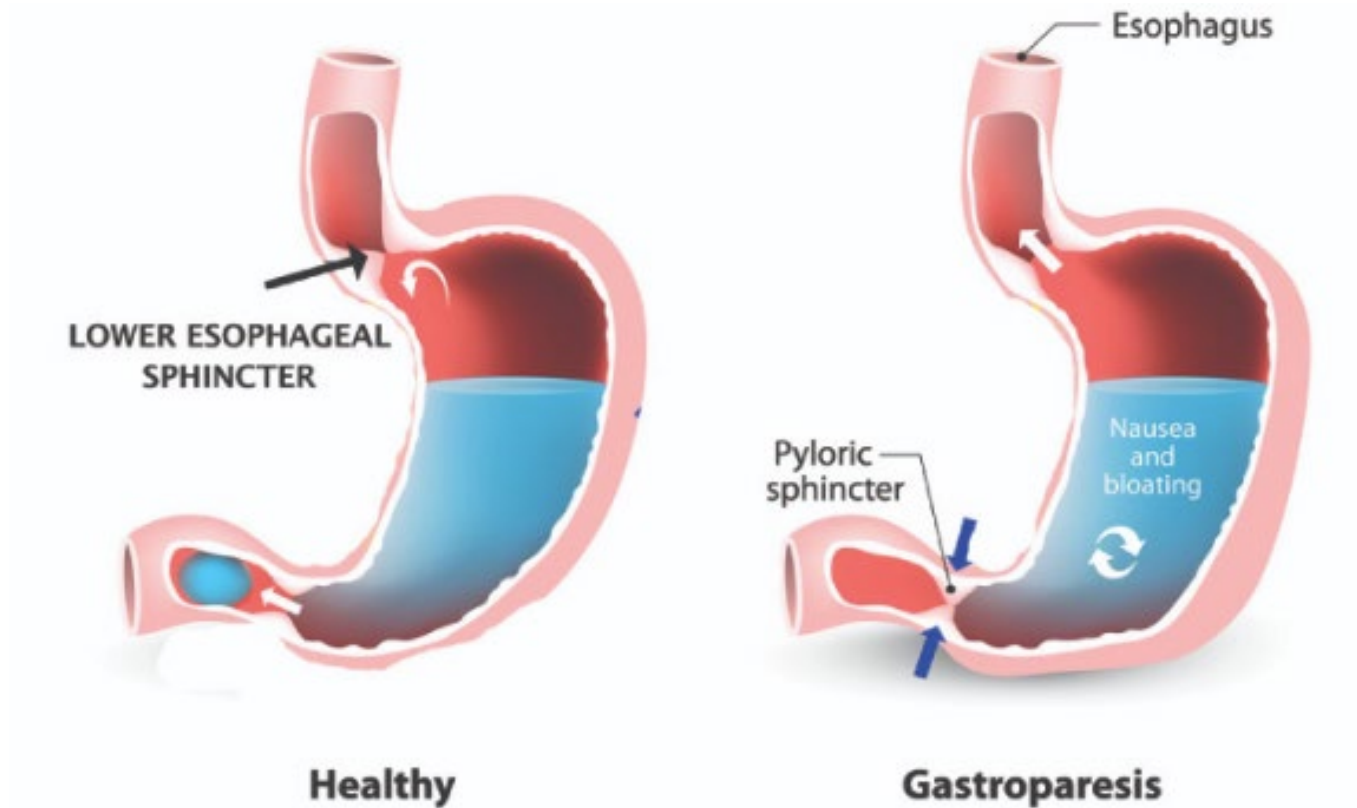
- DIABETIC
RETINOPATHY

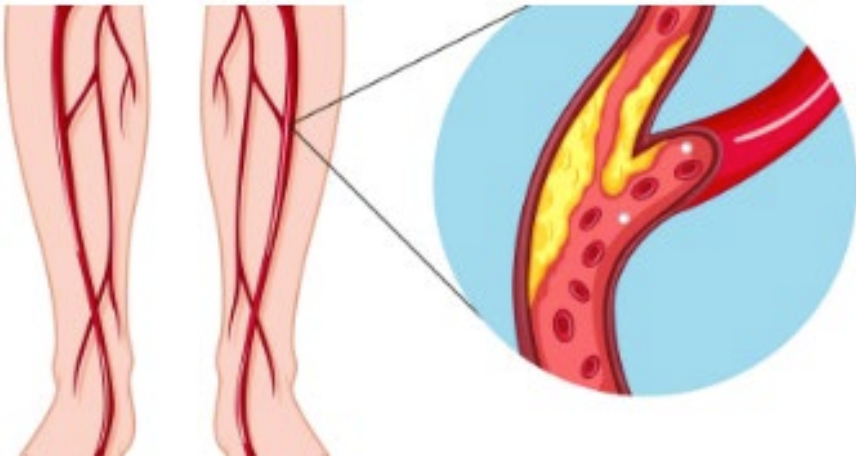
- OTHERS

NEUROPATHY



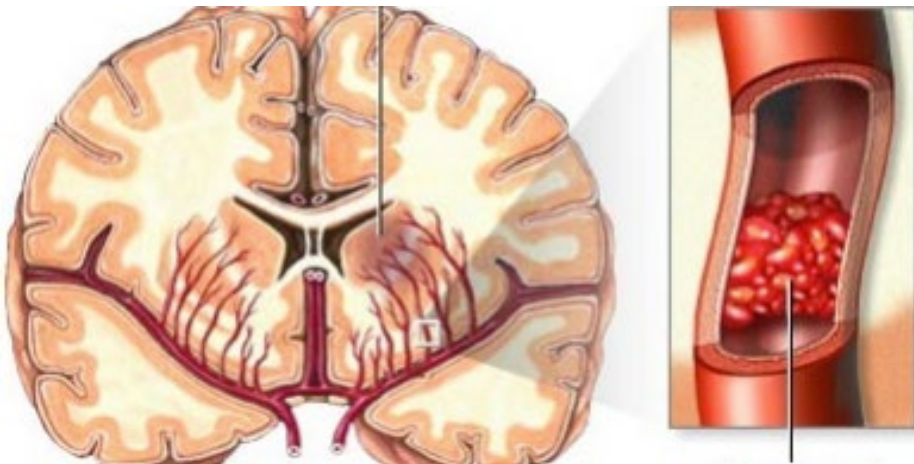
GASTROPARESIS





CARDIOVASCULAR COMPLICATIONS

- Heart Disease
- Peripheral Vascular Disease
- Stroke



▪ Images

from: <https://www.cdc.gov/stroke/about.htm>, <https://www.medicalnewstoday.com/articles/20889.php>, <https://www.nhlbi.nih.gov/health-topics/peripheral-artery-disease>

ERECTYLE DYSFUNCTION



KIDNEY DISEASE (NEPHROPATHY)



HOW DO I TREAT IT?

- **Lifestyle Changes**
 - Weight loss
 - Staying active
- **Medicines**
- **Checking your blood sugar**



WEIGHT LOSS





DIETING?

WEIGHT LOSS





WEIGHT LOSS

- Mediterranean diet
- DASH diet
- Others:
Keto, Atkins, low-carb, calorie counting, and many many more....



WEIGHT LOSS

WEIGHT LOSS





WEIGHT LOSS

INCREASE ACTIVITY



INCREASE ACTIVITY



MEDICATIONS



Insulin & Other Injectables



Oral Medication

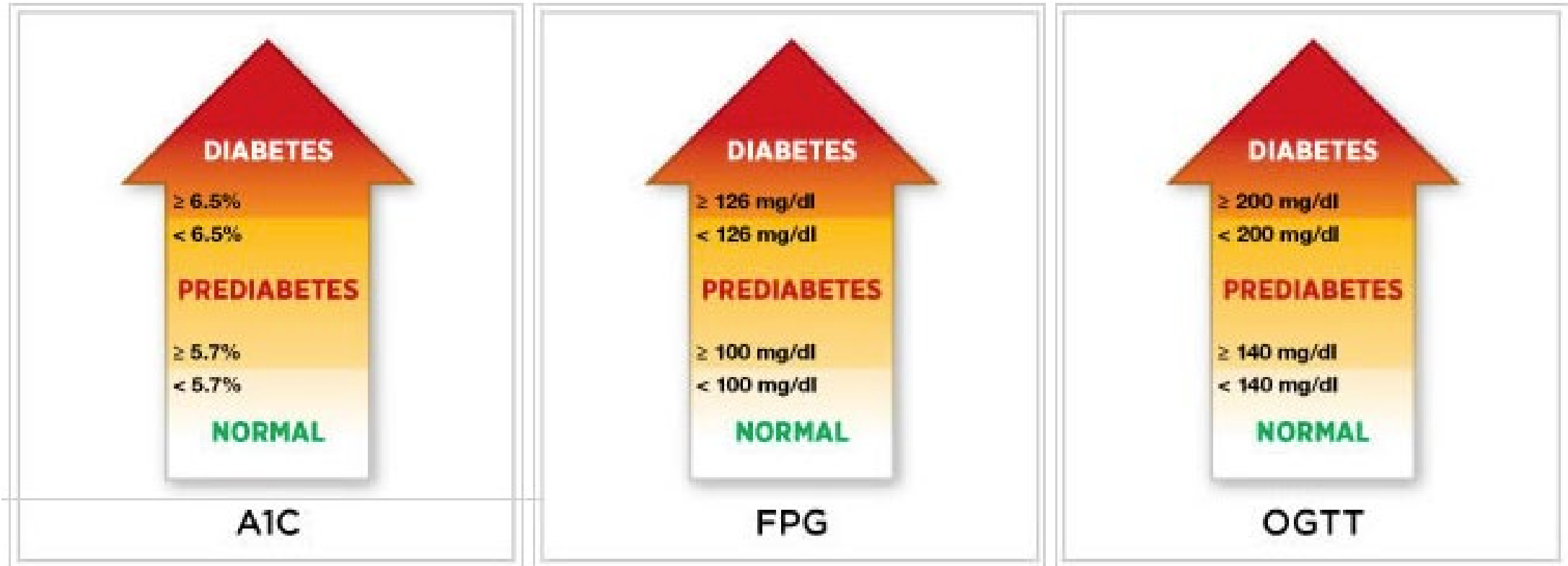


Other Treatments

CHECKING YOUR BLOOD SUGAR



WHAT IS PREDIABETES?



PREVENTING TYPE 2 DIABETES

- You can lower your risk for type 2 diabetes by **58%** by:
 - Losing 7% of your body weight (or 15 pounds if you weigh 200 pounds)
 - Exercising moderately (such as brisk walking) 30 minutes a day, five days a week

CHECK OUT SOME GOOD RESOURCES:

- AMERICAN DIABETES ASSOCIATION WEBSITE:

www.diabetes.org

- DIABETES FORECAST MAGAZINE:

www.diabetesforecast.org

- TAKE THE RISK TEST: www.doihaveprediabetes.org



QUESTIONS??

THANK YOU

