

WOMEN'S HEALTH OUTLOOK

Provided by the Olson Center for Women's Health and the Wellness Council of the Midlands



The Olson Center for Women's Health offers an array of women's health services for every stage of your life.

Primary Care

- General internal medicine
- Well-woman care
- Mental health therapy

Obstetrics & Gynecology

- Pregnancy care
- Family planning
- Annual exams
- Gynecologic care
- Menopause management
- Gynecologic oncology

Diagnostic Services

- Digital mammography
- Bone density screening (DEXA)
- Obstetrical ultrasound
- Fetal monitoring
- First trimester screening
- Urodynamics

Specialty Care

- Breast care
- High-risk obstetrics
- Dysplasia (abnormal pap smears)
- Urogynecology (incontinence)
- Pain management
- Physical therapy
- Infertility
- Maternal diabetes management
- Midwifery
- Urology & sexual dysfunction

Counseling

- Genetics
- Social work
- Smoking/tobacco cessation
- Nutrition

Resource Center

- Health library
- Community education events
- Patient & family resources

On-site Support Services

- Interpretation
- Lab draw
- Massage
- Financial counselor

For appointments, call
(402)559-4500.

For comments or questions about
the Women's Health Outlook or to
subscribe, please call
(402)559-6345

Diabetes

Diabetes is a chronic lifelong disease caused by high levels of sugar or glucose in the blood. To understand diabetes, it is important to understand the normal process by which food is broken down and used by the body. Once food is digested, sugar from the food enters the bloodstream. The pancreas then produces a hormone called insulin which helps move this sugar from the bloodstream into the muscles, fat and liver to be burned as fuel. Individuals with diabetes have high blood sugar due to the pancreas inability to make enough insulin, if any, or the muscles, fat and liver unresponsiveness to the insulin, or both.

TYPES OF DIABETES

There are three major types of diabetes: Type 1, Type 2, and gestational diabetes. Type 1 diabetes is usually diagnosed in childhood. There is no exact cause for this type of diabetes, however genetics, viruses and autoimmune problems may play a role. With Type 1 diabetes the body makes little to no insulin which may require daily injections of insulin. Type 2 diabetes is the more common type of diabetes, caused by the increasing problem of obesity and lack of exercise in individuals today. Type 2 diabetes usually occurs in adulthood, but it is being found in younger individuals more and more. With Type 2 diabetes, the pancreas does not make enough insulin to keep the blood glucose levels normal. This is generally due to the body not responding to insulin. Type 2 diabetes is often treated with diet and exercise but may require medication or insulin as well. Gestational diabetes is high blood sugar that may develop at any time during pregnancy in women who do not have diabetes. Women with gestational diabetes may

be at risk for Type 2 diabetes and cardiovascular disease later in life.

SYMPTOMS

High blood sugar levels can cause several problems including blurry vision, excessive thirst, fatigue, frequent urination, hunger and weight loss. Type 2 diabetes develops slowly; some people with high blood sugar may not experience any symptoms at all. Individuals with Type 1 diabetes usually develop the above symptoms over a short period of time and are often diagnosed in an emergency setting.

DIAGNOSING DIABETES

Diabetes is diagnosed with many simple tests such as a fasting blood glucose, oral glucose tolerance test or a random non-fasting blood glucose test. Individuals with diabetes need to have their hemoglobin A1c level checked every 3-6 months.

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This measures the average blood glucose levels during the previous 2-3 months and can determine how well treatment is working.

DIABETES AND YOU

Visiting your health care provider regularly can prevent diabetes complications. Getting yearly cholesterol and kidney function tests and blood pressure checks is extremely important. Up to 65% of people with diabetes also suffer from hypertension, or high blood pressure. Blood pressure increases when arteries are narrowed, and blood flow is restricted, due to atherosclerosis or to chronically high blood glucose levels. The long-term stress from high blood pressure levels increases the risk of other diabetic complications such as stroke, coronary artery disease (CAD), diabetic retinopathy, and nephropathy (kidney disease). Visit your eye doctor and dentist yearly and stay up-to-date on all immunizations including getting a flu shot every fall.

Basic diabetes management will help prolong life, reduce symptoms and prevent diabetes-related complications. This management is accomplished through careful testing of blood sugars, education, exercise, meal planning and weight control and proper medication

and insulin use. Never hesitate to discuss any symptoms with your healthcare provider. This disease is not curable, but can be very manageable.

*Contributed by Marcia Wattjes, RN
Internal Medicine
Olson Center for Women's Health*

For more information on diabetes, the Olson Center or on seeing any of our providers, please visit OlsonCenter.com

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OUTLOOK

(402) 559-6345
OlsonCenter.com

ADDRESS SERVICE REQUESTED

Olson Center for Women's Health
989450 Nebraska Medical Center
Omaha, NE 68198-9450

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Medical Center