

REHAB NEWS



Submitted By: Therapy Department at Healthcare Therapy Services, Inc.

JULY 2015

DIABETES MANAGEMENT & PREVENTION

According to the Center for Disease Control and Prevention (CDC), “approximately 29.1 million Americans have Diabetes and 86 million Americans have Pre-Diabetes.” This is a very complicated and serious disease that truly takes a toll on the individual and their loved ones. Diabetes Type 1 cannot be prevented. However, there are ways to reduce or prevent future complications from occurring. Diabetes Type 2, Gestational Diabetes, and Pre-Diabetes all have the possibility of being prevented.

Helpful Tips on Diabetes Prevention

Lifestyle Choices

Healthy Eating - Eat a good amount of fresh fruits and vegetables. Be sure to drink plenty of water and limit added sugar and caffeine.

Exercise – It is very important to exercise and try for 45 minutes or more at least 3-4 times per week. Walking, riding a bicycle, running, and swimming are a few examples of exercise.

Environmental Factors

Viruses - One way to prevent Diabetes is to build up the immune system and seek treatment as needed.

Toxins - It is important to be aware of the environment in which one lives. Air, water, and food pollution affect a person’s capability of fighting diseases.

Medical Factors

Medication - It is imperative that the individual receives the proper treatment and maintains his/her physical and mental well-being.

Other Diseases - Diagnoses such as: High Cholesterol, High Triglycerides, and High Blood Pressure should be well treated and stable in order to help lower the risk of Diabetes.

Therapy’s Role in Managing Diabetes

Occupational Therapy

An occupational therapist can help improve the individual’s physical, cognitive, psychosocial, and sensory aspects; which are important in all aspects of everyday living activities.

Physical Therapy

A physical therapist will assess the individual to determine an exercise routine that would be safe and beneficial. Also, diabetic neuropathy can be treated with massage, balance/gait training & conditioning.

Speech Therapy

A speech therapist can assist with difficulty swallowing or talking, due to complications of diabetes.