

Take Control of Your Health



We can show you how. INHS has programs to help people with insulin resistance, metabolic syndrome and pre-diabetes. In addition we have certified diabetes educators placed within select physician offices that see patients with type 1 and type 2 diabetes.

We provide group education for:

- Weight Management
- Group Lifestyle Balance
- Diabetes Prevention Program
- Tobacco Cessation

We provide individual consults within select physician offices for:

- Diabetes Self-Management
- Insulin Pump Therapy
- Medication Management
- Continuous Glucose Monitoring

Biometric screenings for:

- Blood glucose
- HgbA1c
- Cholesterol
- BMI & Waist Circumference
- Blood Pressure

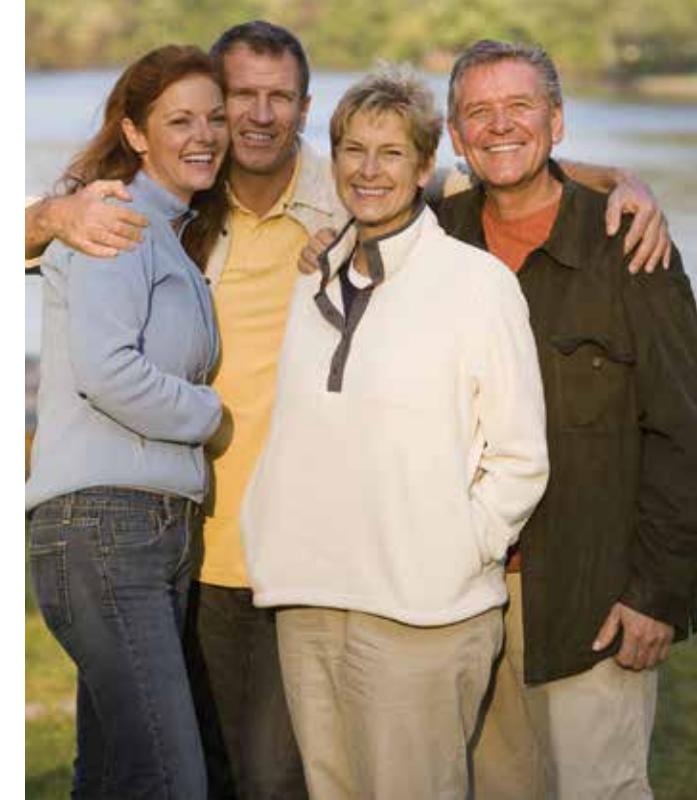


*The American Diabetes Association Recognizes this education service as meeting the National Standards for Diabetes Self-Management Education.

Call (509) 232-8138 or visit wellness.inhs.org for more information.



501 N. Riverpoint Blvd. #245
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Normal Metabolism to Diabetes: What is the Progression?



Community Wellness is a service of Inland Northwest Health Services (INHS). INHS is a non-profit corporation in Spokane, Washington providing collaboration in health care services on behalf of the community and its member organization Providence Health Care.



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Health Changes on the Path to Type 2 Diabetes

Diabetes

Making lifestyle changes to improve your health can be overwhelming. Whether you have insulin resistance, pre-diabetes or type 2 diabetes, a certified diabetes educators at INHS can help you learn how to get blood sugar and other risk factors back on track leading to a healthy, less-complicated life.

Stage	86 Million Americans			29 Million Americans	
	Normal Metabolism	Insulin Resistance	Pre-diabetes	Diabetes-Controlled** or	Diabetes-Uncontrolled → <small>Complication Resulting in Death</small>
Blood Sugar Levels	Blood sugar ranges from 70-120 mg/dl, usually lower in the morning and rises after a meal.	Often blood sugar appears normal. Insulin levels are high to keep blood sugar normal, especially when fasting. Blood sugar may be high two hours after a meal (>140mg/dl).	Fasting blood sugar elevated (100mg/dl-125mg/dl) Blood sugar likely high after meals (greater than 140mg/dl two hours after a meal).	Fasting blood sugar 80mg/dl-120mg/dl. Blood sugar two hours after meals less than 140mg/dl.	Fasting blood sugar consistently greater than 140mg/dl. Blood sugar two hours after meals greater than 180mg/dl.
A1C Range		4 - 5.6%	5.7 - 6.4%	6.5% 6.5% ≤7%	≥7% to 19%**
Duration		Approximately 2 - 6 years	Approximately 4 - 8 years		
Symptoms	Healthy metabolism	No outward symptoms*	Fatigue Often no other outward symptoms*	Few symptoms or symptoms in control	Fatigue; thirst; increased hunger; increased urination; blurred vision; slow healing sores; frequent vaginal or skin infections; cramping; numbness or tingling in the hands and/or feet; dry, itchy skin; kidney problems; impotence; digestive problems
Complications associated with elevated blood sugar levels	Blood sugar is not elevated	Increased risk of a heart attack or stroke	Many people don't know they have pre-diabetes, it is discovered when they visit the doctor for illness, or at a routine physical. Often it is discovered in people who have sudden heart problems or a stroke.	Diabetes complications are associated with elevated blood sugar levels. When blood sugar levels are kept in good control from the beginning of diagnosis people may have very few or no symptoms of diabetes.	Further progression of disease. More difficult to control chronic illness such as heart disease, stroke, kidney disease, decreased circulation leading to amputations and eye disease.
Impact of lifestyle changes	Prevention	May prevent progression to pre-diabetes and diabetes	May prevent or delay progression to diabetes in many cases	Diabetes is controllable, but not reversible in most cases. Diabetes in good control can lead to a long, healthy life.	Improved overall feeling of wellness. Improved blood sugar may improve tingling, cramping and numbness in hands and feet, blurred vision and other conditions related to high blood sugars.
INHS Wellness Offerings	Visit wellness.inhs.org for a current list of wellness offerings.	Attend a Group Lifestyle Balance or a Diabetes Prevention Program; visit with a health coach; consult with a registered dietitian or diabetes educator.	Attend a Group Lifestyle Balance or a Diabetes Prevention Program; visit with a health coach; consult with a registered dietitian or diabetes educator.	Diabetes self-management education with a registered dietitian/nurse diabetes educator.	Diabetes self-management education with a registered dietitian/nurse diabetes educator; insulin pump therapy; continuous glucose monitoring.
		1° Prevention		2° Prevention	
				3° Prevention	

* There are typically few outward symptoms and no blood test used to detect insulin resistance/metabolic syndrome, so we rely on risk factors:

- Family history of diabetes
- High blood pressure (greater than 135/85)
- HDL (good cholesterol) less than 40 mg/dl
- Inactive lifestyle
- In women, polycystic ovarian syndrome (PCOS)
- Abnormal blood fat levels (triglycerides greater than 150 mg/dl)
- African American, Asian American, Pacific Islander or Hispanic American heritage
- A waist circumference of greater than 35 inches in women and greater than 40 inches in men
- History of gestational diabetes or giving birth to a baby weighing more than 9 pounds

** Individualized goals for blood sugar control may be more appropriate for those with concerns about other medical conditions, risk for hypoglycemia and/or age. Goals for blood sugar control should be discussed with your medical provider and your diabetes educator. Establishing individualized blood sugar guidelines is important in the process of achieving the best blood sugar control possible for each person.



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