

DIABETES AND WELLNESS



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November is the month in which diabetes is commemorated. Worldwide, November 14 is recognized as World Diabetes Day. This year's theme is "Diabetes and Wellness". The goal is for all people with diabetes to have a chance to a better life. In Puerto Rico, 17.7% (519,401) adults have this condition. By 2022, diabetes was the 3rd. cause of death in Puerto Rico. These statistics are alarming because deaths occur due to complications of the condition.

Modifiable risk factors:

- Overweight and obesity
- Not carrying a balanced feeding pattern
- Physical inactivity
- Use of tobacco

Necessary care for people with diabetes:

Routine check-ups with General Practitioner:

- Laboratory tests- glucose, glycosylated hemoglobin (A1c), lipid panel, urine test, among others
- Check blood pressure levels regularly
- Guidance for monitoring and self-care at home (using the glucometer)

Visit your health care professional regularly to avoid complications

Possible Complications	Specialists
Cardiovascular disease	Cardiologist
Kidney disease	Nephrologist
Eye diseases	Ophthalmologist
Neuropathy	Neurologist, physiatrist, among others...
Complications of the foot	Podiatrist
Oral complications	Dentist
Complications of the skin	Dermatologist

Other important professionals for the care of diabetes:

- Endocrinologist- specialist for the general condition
- Nutritionist- to achieve a healthy diet that responds to individual needs

Do not wait for complications, work for your well-being!