

Aging Healthfully Newsletter

Illinois Department on Aging



November is National Diabetes Month

Many of us probably know a family member, friend, or may even have pre-diabetes or type 2 diabetes ourselves.

To put things into perspective, it is estimated that more than 100 million Americans are living with either prediabetes or type 2 diabetes right now.

- More than one-third of adults in the U.S. have prediabetes and only around 12% of them knew they had it (National Diabetes Statistics Report 2017).
- Twenty-five percent of older adults aged 65 and older have diabetes.
- In 2015, diabetes was the seventh leading cause of death in the United States.
- The U.S. has the highest prevalence of diabetes among developed nations.

Top Risks Associated with Diabetes:

- **Cardiovascular (Heart) Disease & Stroke** – smoking, having high blood pressure, or high cholesterol increases this risk.
- **Diabetic Retinopathy** – considered the primary cause of new cases of **blindness** among adults aged 20 to 74 years of age.
- **Diabetic Nephropathy** – the leading cause of end-stage **kidney disease** in both type 1 and type 2 diabetics.
- **Foot Problems** – leading cause of lower limb amputations.



While this is not exactly uplifting news...adopting a healthy lifestyle through diet and exercise can help prevent or better manage type 2 diabetes!

Risk Factors for Type 2 Diabetes:

- ✓ **Weight & Physical Inactivity** – being overweight, particularly carrying extra weight in the midsection and not regularly exercising increases risk.
- ✓ **Family History** – having a parent or sibling that has type 2 diabetes increases your chances of developing the disease.
- ✓ **Race** – while not understood, African-Americans, Hispanics, Asian-Americans, and Native Americans have a higher risk.
- ✓ **Age** – individuals older than 45 years have a higher risk of developing the disease.



Alzheimer's Disease Awareness



Alzheimer's disease is the most common type of dementia, making up 60%-80% of all cases of dementia. It is the sixth leading cause of death in the U.S. Currently there is no cure, so it is important to know the signs and symptoms associated with Alzheimer's Disease!

Know the Symptoms of Alzheimer's Disease:

- ✓ **Memory loss** – forgetting things you have learned or dates and events. Also asking for the same information over and over.
- ✓ **Trouble planning or solving problems** – it may take someone longer to complete a task that normally they could do a lot quicker. They may also have problems following directions (e.g. following a recipe may become too hard).
- ✓ **Confusion with time or place** – individuals with Alzheimer's often lose track of time or even forget how they got somewhere or where they are.
- ✓ **Misplacing things and difficulty retracing steps** – along with forgetting dates and events, people with Alzheimer's may also misplace objects, which can lead them to believe someone stole something from them.
- ✓ **Mood & personality changes** – due to the changes occurring in the person's mind, they may have significant changes in their personality and mood. Many become confused, suspicious, and sometimes depressed.

Tips for Helping Someone with Alzheimer's:

- **Be reassuring** – try to make the person feel comforted, safe, and at ease.
- **Do not overstimulate** – keep things very simple. Present only one thing at a time so the person can understand the topic as best as they can.
- **Keep a daily routine** – it helps to avoid confusion and routine is good for people with Alzheimer's disease.
- **Do not raise your voice or yell** – as frustrating as it can be, it can be even more frustrating for the person with Alzheimer's. Remain calm to help them stay calm.

Attachments:

- A Diabetes-Friendly Guide to A Healthy Thanksgiving Plate
- Carbohydrate Quality Common Sense
- Type 2 Diabetes Information
- Non-Starchy Vegetable List
- Test Your Diabetes and Food Knowledge (Activity)
- 10 Warning Signs of Alzheimer's Disease
- Recipes: Cremini Mushroom, Onion & Brown Rice Stuffing; Roasted Squash with Spinach & Cranberries

References:

- <https://www.cdc.gov/diabetes/pdfs/data/statistics/national-diabetes-statistics-report.pdf>
- <https://endocrinenews.endocrine.org/u-s-leads-developed-nations-in-diabetes-prevalence/>
- <https://worlddiabetesday.org/about/>
- <https://www.seniorliving.org/memory-care/alzheimers/awareness/>

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<https://www2.illinois.gov/aging/CommunityServices/nutrition/Pages/nutrition.aspx>