

DIABETES

Come and learn more about this disease!
Do you have diabetes? Get a free test at the meeting

Diabetes



Speaker: Dr. Gabriel Aisenberg

From UT physicians and HarrisHealth
Associate Professor of Medicine

DIABETES

Venga a conocer sobre esta enfermedad.
Tiene diabetes? Examen gratis durante la reunión

Diabetes



Presentador: Dr. Gabriel Aisenberg

de UT physicians and HarrisHealth
Profesor asociado de Medicina

DIABETES MELLITUS

Dr. Gabriel Aisenberg, MD

A bit about me and this session

- I am a General Internal Medicine doctor
- I work for:
 - My patients
 - The University of Texas
 - Also for my wife and my children 😊
- I speak English and Spanish
- I'll present today in English AND Spanish, but write the text in English (black) and **Spanish (red)**

DEFINITION / DEFINICION

- A disease where the amount of insulin is decreased, or not increased enough, leading to elevated glucose (blood sugar) level
- Enfermedad en la que la producción de insulina está reducida, o insuficientemente aumentada, lo que lleva a altos niveles de azúcar (glucosa) en la sangre

NORMAL VALUES

- 70-100 mg%
- In diabetes: 126 mg% (at least twice)
- *Hemoglobin A1c*
 - What is it? (¿qué es?)
 - What's the normal value? (¿cuál es el valor normal?)

TYPES OF DIABETES

- TYPE 1

- There's no or little insulin
- Less frequent
- No inheritable
- Thin
- Young
- Prone to acute complications

- TIPO 1

- No hay o hay muy poca insulina
- Menos frecuente
- No se hereda
- Delgados
- Jóvenes
- Las complicaciones agudas son frecuentes

TYPES OF DIABETES

- TYPE 2

- Normal or high insulin (but it's not enough)
- 10% of the population
- Inheritable
- Obese
- Older
- Less acute but more chronic complications

- TIPO 2

- Insulina normal o aumentada, pero no suficiente
- 10% de la población
- Se hereda
- Obesos
- Mayores
- Menos complicaciones agudas pero más crónicas

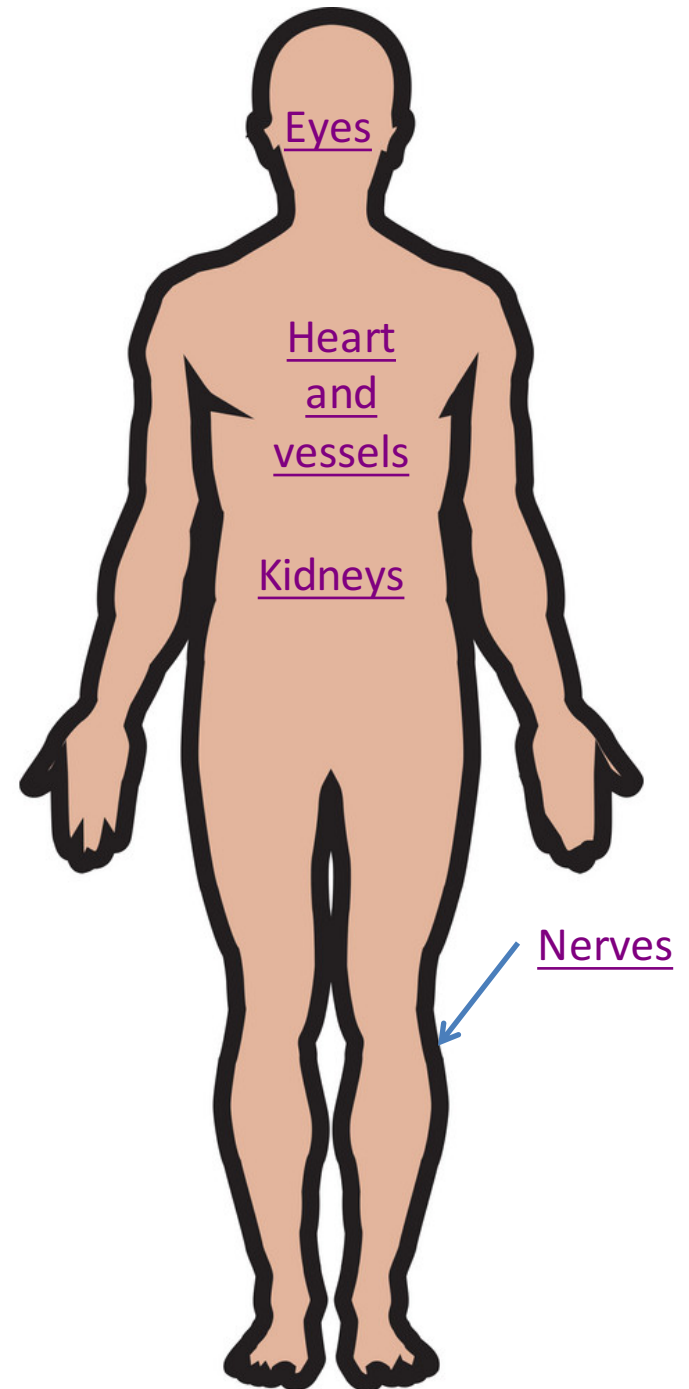
SYMPTOMS/ SINTOMAS

- Too much urine / Mucha cantidad de orina
- Too much thirst / Más sed
- Too much hunger / Más apetito
- Weight loss / Pérdida de peso

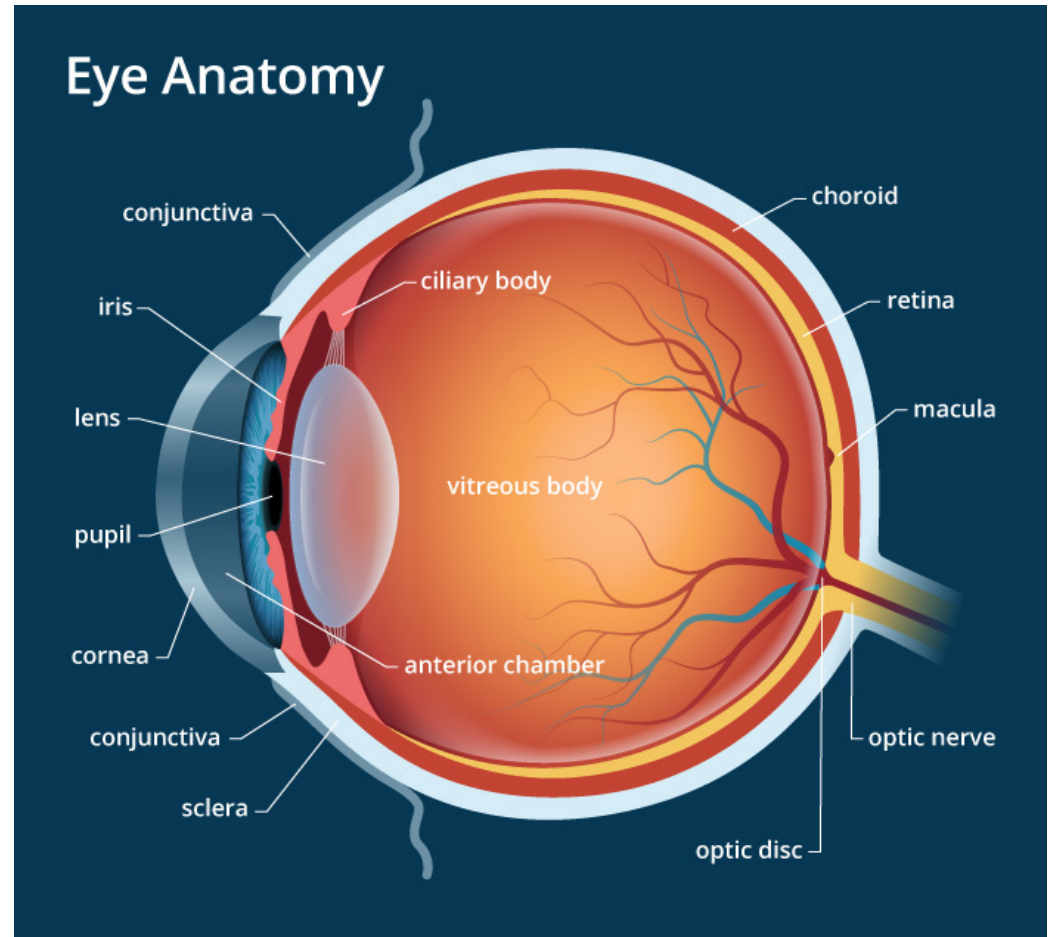
SYMPTOMS/ SINTOMAS

- Other symptoms happen with time, when complications occur (usually ≥ 10 years)
- Otros síntomas ocurren cuando aparecen las complicaciones (alrededor de 10 años de enfermedad)

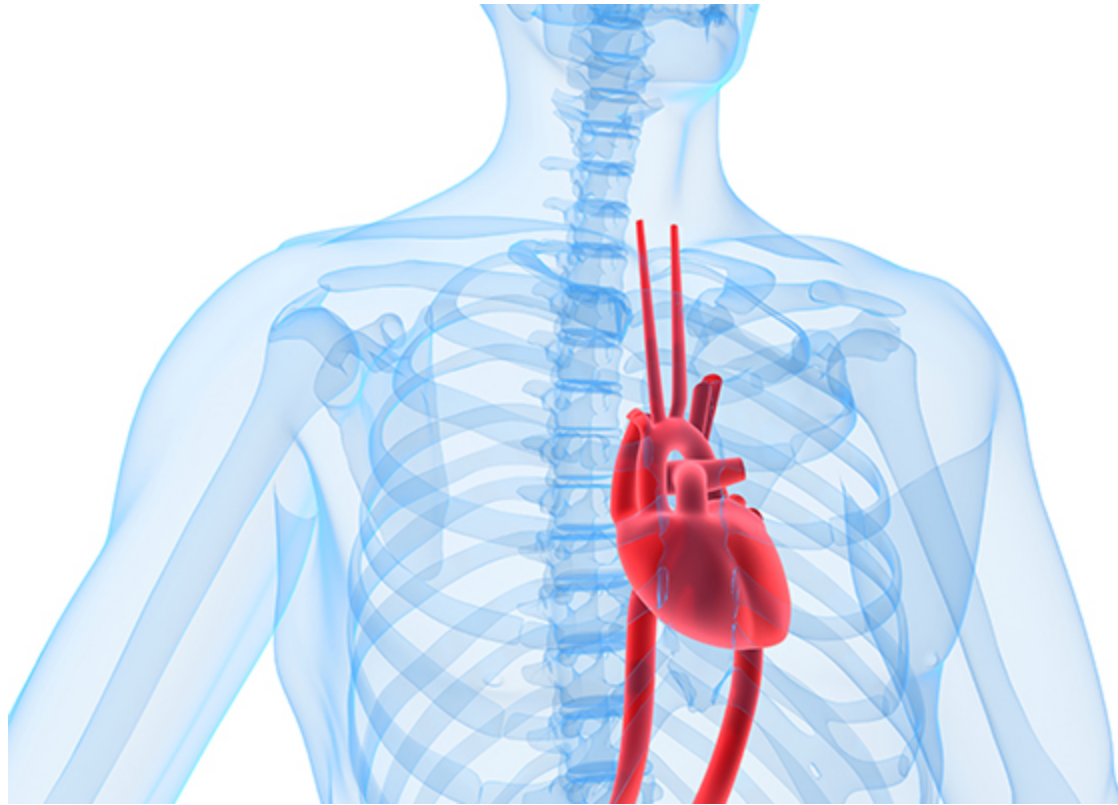
COMPLICATIONS



EYES / OJOS



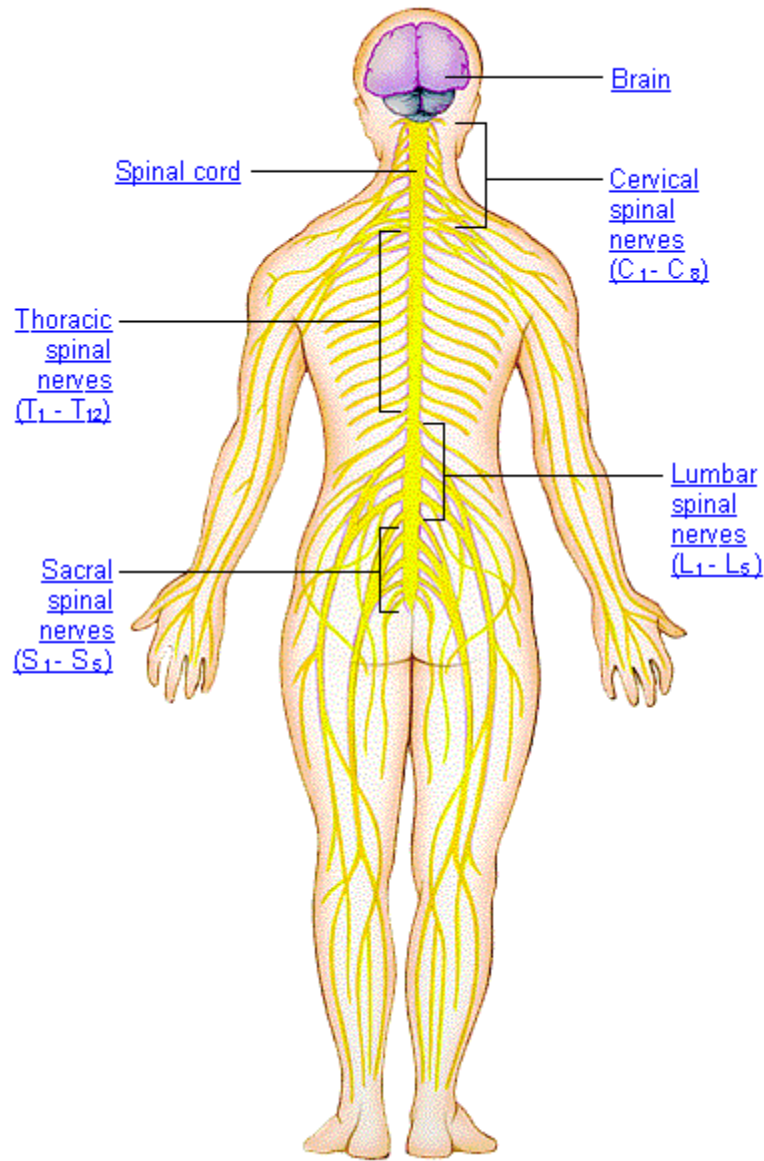
HEART AND VESSELS / CORAZON Y VASOS SANGUINEOS



KIDNEYS / RIÑONES



NERVES / NERVIOS



MOTOR
SENSITIVE
AUTONOMIC



GOING TO THE DOCTOR / YENDO AL DOCTOR

- How often? / ¿qué tan seguido?
- What's to be checked? / ¿qué se mide?
 - Weight / **Peso**
 - Neck circumference / **circunferencia del cuello**
 - Blood sugar and hemoglobin A1c
 - Other labs / **otros tests**
- Home glucose log / **el control de azúcar en casa**

TREATMENT / TRATAMIENTO

- Diet / **dieta** →
- Exercise / **ejercicio**
 - How much weight should I lose?
 - ¿Cuánto peso se aconseja perder?
- Pills / **Pastillas**
- Insulin / **Insulina**
- Other injectable / **otros inyectables**



Nutrition Facts

Serving Size 1 cup (228g)

Servings per Container 2

Amount Per Serving

Calories 280

Calories from Fat 120

% Daily Value*

Total Fat 13g 20%

Saturated Fat 5g 25%

Trans Fat 2g

Cholesterol 2mg 10%

Sodium 660mg 28%

Total Carbohydrate 31g 10%

Dietary Fiber 3g 0%

Sugars 5g

Protein 5g

Vitamin A 4% • **Vitamin C** 2%

Calcium 15% • **Iron** 4%

*Percent Daily Values are based on a 2,000-calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4



QUESTIONS / PREGUNTAS

