DIABETES AND COVID-19

"In some American Indian and Alaska Native communities, more than half of adults aged 18 and older have diagnosed diabetes, with prevalence rates reaching as high as 60%"

- Diabetes occurs when blood sugars are higher than normal.

TYPES

- Type 1- Autoimmune
- Type 2- Acquired
- Gestational- Pregnancy related

TREATMENT

- Lifestyle Modification
  - (Diet + Exercise)
- Insulin (Injections)
- Oral Medications that helps release inulin

SYMPTOMS

- Increased thirst
- Increased urination
- Fatigue
- Blurred vision
- Numbness/ tingling in hands/ feet
- Sores that take long to heal
- Unexplained weight loss

RISK FACTORS

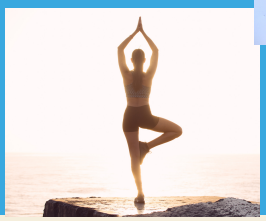
- Medications
- Unhealthy Lifestyle Habits
- Pancreatic Disorders
- Autoimmune Disorders
- Obesity
- Family History
- Age (>45)
- Ethnicity

COVID-19 AND DIABETES

- Based on the current information, having Type 1 or Gestational diabetes may increase your risk of severe illness from COVID-19.
- Examples of severe illnesses: Pneumonia, organ failure, breathing difficulties and others.

WHAT TO DO

*Monitor blood glucose levels
*Exercise regularly
*Eat healthy and nutritious foods
*Have a good night's sleep
*Decrease stress levels as much as possible
***Follow COVID-19 protocols**



SOURCE:
1. HTTPS://WWW.NIDDK.NIH.GOV/HEALTH-INFORMATION/DIABETES/OVERVIEW/PREVENTING-TYPE-2-DIABETES
2. HTTPS://WWW.NEJM.ORG/DOI/FULL/10.1056/NEJMC2018688
3. HTTPS://WWW.IDF.ORG/ABOUTDIABETES/WHAT-IS-DIABETES/COVID-19-AND-DIABETES/1-COVID-19-AND-DIABETES.HTML
4. HTTPS://WWW.CDC.GOV/DIABETES/BASICS/INDEX.HTML

Rocky Mountain Tribal Leaders Council
Created by: Divya Narala

2929 3rd Ave N, Suite 300 | Billings, MT 59101
406-252-2550 | www.rmtlc.org | RMTEC@RMTLC.org