# DIABETES AND SICKNESS

### What is diagetes?

Diabetes is a **chronic disease** that develops due to the **pancreas not producing enough insulin** or the **body not being able** to **use insulin** effectively. There are two types.





### WHAT IS INSULIN?

Insulin is the hormone that **regulates your blood glucose**, **a.k.a blood sugar**, which gives you energy.

#### TYPE 1 VS. TYPE 2

# TYPEI

Type 1 diabetes is due to your pancreas not being able to produce enough insulin to support your body. The cause of is unknown.

## TYPG2

Type 2 diabetes happens because your **body stops using the insulin** the way it should, causing glucose to build up in your blood. Type 2 is preventable. It is the **most common** form of diabetes.

# What happens when 0 get Secs? When you are sick, diabetes makes your body work harder to recover. During

When you are sick, diabetes makes your body work harder to recover. During sickness, your body is under a lot of stress. The release of **epinephrine** helps calm your body. It also provides your body with more energy than it needs so your blood glucose levels rise. Your pancreas has a tough time making enough insulin to lower your blood glucose, so your body turns to fat to get energy that it needs. This causes the release of **ketones**, which are harmful to your body. And it can cause the dangerous condition called **diabetic ketoacidosis**, **or DKA**.



#### What is diagetic Ketoacidosis?

DKA is uncontrolled hyperglycemia, which is high blood glucose. It is life-threatening. And, is one of the things to look out for when you have diabetes and get sick. If your body does not get enough insulin to break down blood glucose, acids called ketones build up in the blood. A buildup of ketones can be deadly. Your body may try to fight DKA by activating your immune system. This, however, results in more harm because it can cause damage to your brain. Thus, take the time to learn the signs and symptoms of DKA and when to call your doctor.

#### SIGNS AND SYMPTOMS

- Thirst
- Going to the Bathroom Often
- Fruity-smelling Breath
- High Blood Pressure
- Headache
- High Blood SugarsConstantly Tired
- Upset Stomach/Nausea
- High Level of Ketones in
- Confusion

# MANAGING DEABETES WHELE STEK

# PLAN FOR IT

Managing diabetes while sick is doable, especially if you plan for it. To manage your blood glucose levels:

- If your levels are low, eat simple carbs. Your body breaks these down quickly. Examples include:
  - Jell-O and Popsicles.
- Watch for signs and symptoms of Diabetic Ketoacidosis (DKA).
- Test for ketones every 4-6 hours.
- Create an action plan with your healthcare team:
  - When to call your doctor, when to check your blood sugars, when you should eat or drink, how to adjust your medications when needed, if you need to check for ketones, and what cold/flu medications you can take to help your sickness.



### CREATING YOUR SICK DAY KIT

Include items in your sick day kit that is best for YOU! You might want to include:

- Medications and Supplies (Thermometer, Blood Pressure Cuff, Insulin, Flu/Illness Medications)
- Foods (Sports Drinks, Juice, Canned Soups, Crackers, Applesauce)
- Glucometer and Extra Strips
- Ketone Test Strips
- Also, keep on hand your doctor's phone number and the nearest hospital location just in case of DKA



