

# REHAB NEWS



Submitted By: Therapy Department at Healthcare Therapy Services, Inc.

## Diabetes Management & Prevention

Diabetes is a chronic disease that affects how your body turns food into energy. There is not any one specific cause of diabetes however there are many factors which contribute to a higher risk of getting the disease including but not limited to genetics, obesity, physical inactivity, high blood pressure and cardiovascular disease.

### Type 1 Diabetes - Caused by genetics and unknown factors

There is no cure, however it can be managed to prevent further diabetes-related complications.

### Type 2 Diabetes - Caused by genetics and lifestyle factors

Can be prevented or delayed with healthy lifestyle changes.

### Prediabetes affects more than 84 million adults in America

Losing weight and staying active can greatly reduce your risk for developing type 2 diabetes.

## Healthy Lifestyle Choices

**Diet** – A healthy diet is one that is rich in nutrients and low in calories. Eat foods high in fiber such as fresh fruit, vegetables, whole grains and nuts.

**Hydration** – Be sure to drink plenty of water and avoid sugary drinks and caffeine.

**Exercise** – It's very important to exercise for 45 minutes or more at least 3-4 times per week. Walking, riding a bicycle, running, and swimming are a few examples.

## Therapy's Role in Managing Diabetes

**Occupational Therapy** can help improve the individual's physical, cognitive, psychosocial, and sensory aspects; which are important in all aspects of everyday living activities.

**Physical Therapy** can assess to determine a set exercise routine that would be safe and beneficial. Also, diabetic neuropathy can be treated with massage, balance and gait training, and conditioning.

**Speech Therapy** can assist with difficulty swallowing or talking, due to complications of diabetes.

Source: Centers for Disease Control and Prevention

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