



**CIS Houma**  
(985) 876-0300

**CIS Thibodaux**  
(985) 446-2021

**CIS Raceland**  
(985) 537-4000

**CIS Galliano**  
(985) 873-1685

**CIS Morgan City**  
(985) 385-6390

**CIS New Iberia**  
(337) 367-5200

**CIS Lafayette at  
Regional Medical Center**  
(337) 988-1585

**CIS at Lafayette General**  
(337) 289-8429

**CIS Crowley**  
(337) 788-2554

**CIS Opelousas**  
(337) 942-3006

**CIS Mamou**  
(337) 468-4010

**CIS Zachary**  
(225) 654-1559

**CIS Baton Rouge**  
(225) 308-0247

## What is diabetes?

Most of the food you eat is turned into glucose, or sugar, for your body to use for energy. The pancreas, an organ near the stomach, produces a hormone called insulin to help glucose enter the cells in your body. When your body does not produce enough insulin and/or does not efficiently use the insulin it produces, sugar levels rise and build up in the bloodstream. The result is the condition known as diabetes.

## What are the types of diabetes?

There are two main types of diabetes — type 1 diabetes and type 2 diabetes. Both forms of diabetes may be genetically inherited. A family history of diabetes can significantly increase a person's risk of developing diabetes.

- **Type 1 diabetes** is characterized by decreased or absent insulin production in the pancreas. People with type 1 diabetes cannot survive without daily injections of insulin. Historically, type 1 diabetes has been known as juvenile diabetes because it usually appears in children and young adults.
- **Type 2 diabetes** is the most common form of diabetes. It develops when the body either doesn't make enough insulin or doesn't efficiently use the insulin it produces (insulin resistance). It appears most often in middle-aged adults; however, it has been occurring in adolescents and young adults at an alarming rate. In a mild form, it can go undetected for many years. Untreated diabetes can lead to many serious medical problems. These include blindness, kidney disease, nerve disease, limb amputations and cardiovascular disease.

Pre-diabetes and subsequent type 2 diabetes usually result from insulin resistance. Pre-diabetes is a condition that occurs when the blood glucose (blood sugar) levels are higher than normal but not high enough to be diagnosed as diabetes. Insulin resistance occurs when the body cannot use insulin efficiently. To compensate, the pancreas releases more and more insulin to try to keep blood sugar levels normal.

Gradually, the insulin-producing cells in the pancreas become defective and ultimately decrease in total number. As a result, blood sugar levels begin to rise, causing full-blown type 2 diabetes to develop. When insulin resistance or diabetes occur with other cardiovascular disease

risk factors (such as obesity, high blood pressure, abnormal cholesterol and high triglycerides), the risk of heart disease and stroke rises even more.

Insulin resistance is associated with atherosclerosis (fatty buildup in the arteries) and blood vessel disease, even before diabetes is diagnosed. That is why it is important to prevent and control insulin resistance and diabetes.

## Common symptoms of diabetes include:

- Increased thirst
- Increased hunger
- Fatigue
- Increased urination, especially at night
- Weight loss
- Blurred vision
- Sores that do not heal

Please consult your doctor if you see signs of any of these symptoms.

## Diabetes and Cardiovascular Disease

Cardiovascular disease is the leading cause of diabetes-related death. People with diabetes are two to four times more likely to develop cardiovascular disease due to a variety of risk factors including: high blood pressure, lipid disorders, high LDL (bad) cholesterol, high triglycerides, low HDL (good) cholesterol, smoking, obesity, lack of physical activity or poorly controlled blood sugars (too high) or out of normal range.

Another emerging risk factor is insulin resistance, a core metabolic dysfunction of type 2 diabetes. These are conditions typically found in people with type 2 diabetes. All of these contribute to a patient's risk of developing cardiovascular disease.

- Obesity is a major risk factor for cardiovascular disease because it is strongly associated with insulin resistance. Weight loss can improve cardiovascular risk, decrease insulin concentration and increase insulin sensitivity.
- Physical inactivity is another modifiable risk factor for insulin resistance and cardiovascular disease. Exercising and losing weight can prevent or delay the onset of type 2 diabetes. It can also help to lower blood pressure and reduce the risk for heart attack and stroke.

**CIS Houma**

(985) 876-0300

**CIS Thibodaux**

(985) 446-2021

**CIS Raceland**

(985) 537-4000

**CIS Galliano**

(985) 873-1685

**CIS Morgan City**

(985) 385-6390

**CIS New Iberia**

(337) 367-5200

**CIS Lafayette at  
Regional Medical Center**

(337) 988-1585

**CIS at Lafayette General**

(337) 289-8429

**CIS Crowley**

(337) 788-2554

**CIS Opelousas**

(337) 942-3006

**CIS Mamou**

(337) 468-4010

**CIS Zachary**

(225) 654-1559

**CIS Baton Rouge**

(225) 308-0247

- Hypertension (high blood pressure) is a major risk factor for cardiovascular disease. Studies report a positive association between hypertension and insulin resistance. When a person has both hypertension and diabetes, which is a common combination, their risk for cardiovascular disease doubles.
- Diabetic dyslipidemia is a condition associated with insulin resistance. This type of dyslipidemia is characterized by:
  - high levels of triglycerides (hypertriglyceridemia),
  - high levels of small LDL particles and
  - low levels of HDL.

This lipid combination often occurs in patients with premature coronary heart disease.