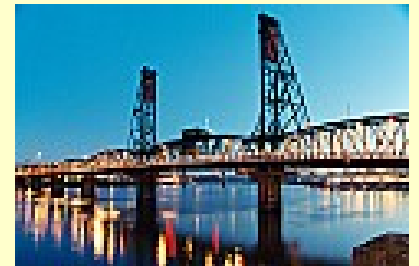
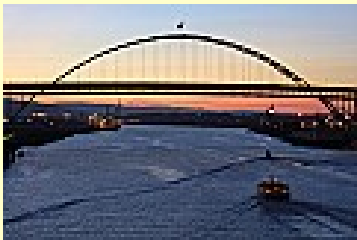


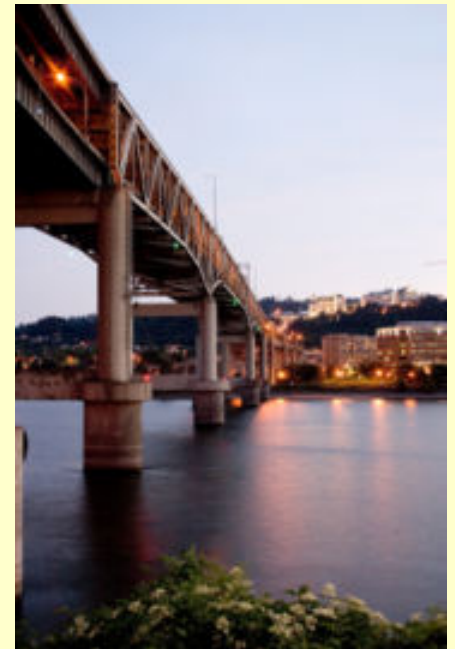
Oregon Diabetes Coalition Awareness & Education Workgroup

Annual Workday
March 7, 2008



The Past

- Former Chair – Dr. John Muench (OHSU – Richmond Clinic)
 - served 2003-2007
- Meetings
 - met 5 times in 2007
 - met 4 times in 2006
- Communication also via email



Past Activities

- Planning ODC Annual Meetings
- Diabetes Education Tool Kit
- Diabetes Care Card
 - English, Spanish, Russian translations
- EQC (Ensuring Quality Care) Manual
 - Revision of Diabetes Chapter
 - Partnership with DHS, Seniors and People with Disabilities



Present Activities

- ADA 2008 Diabetes EXPO
 - Partnership with Oregon Adult Immunization Coalition
- Diabetes Resource Bank
 - <http://www.oregon.gov/DHS/ph/diabetes/resourcebank/index.shtml>
- Diabetes Care Card - Revision
 - <http://www.oregon.gov/DHS/ph/diabetes/carecard.shtml>



Diabetes Resource Bank



- Low-literacy, easy-to-understand, clinically accurate materials designed for interactions between health provider and patient
- Materials developed and ready for use [English]
 - Staying healthy with diabetes
 - Blood glucose and Type 1 diabetes
 - Blood glucose and Type 2 diabetes
 - Keeping your eyes healthy when you have diabetes
 - Blood glucose and the A1C blood test

Staying healthy with diabetes

Oregon Diabetes Resource Bank
Handouts to help people with diabetes

Blood glucose (or "blood sugar") is the fuel that gives your body energy



When you eat, your body digests the food and turns some of it into a special type of sugar called "blood glucose" (also called "blood sugar").

Your blood vessels carry blood glucose to cells in all parts of your body where it can be used for energy.

With diabetes, blood glucose can build up in your blood and make your blood glucose too high

To give your body energy, blood glucose needs to move from your blood into the rest of your body. Normally, this happens easily. But if you have diabetes, it does not happen easily:

- Having diabetes means that it is hard for glucose to move from your blood into the cells of your body the way it is supposed to.
- When glucose does not move easily from your blood into the rest of your body, *too much glucose stays in your blood*. Your level of blood glucose gets too high and your cells are starved for energy.

What can happen if your level of blood glucose stays too high?

If your blood glucose stays too high for a long time, it can cause serious health problems. These health problems are called "complications" of diabetes. Here are some complications that high blood glucose can cause:

■ **Nerve damage**

High blood glucose can damage nerves throughout your body, causing numbness or tingling. Nerve damage is especially common in feet and hands.



■ **Damage to your heart and your kidneys**

High blood glucose can damage the blood vessels that lead to your heart. This damage can cause heart disease and heart attacks. High blood glucose also damages the blood vessels in your kidneys. This weakens your kidneys and can eventually cause them to stop working.



■ **Damage to your eyes and vision**

Your eyes have tiny blood vessels that can be easily damaged by a high level of blood glucose. This damage can lead to blindness.



(more on the next page)



Diabetes Resource Bank

- Materials currently being developed
 - Getting ‘quality care’ for diabetes – what does this mean for you? [link to Care Card]
 - Good news about getting healthier with diabetes
 - Which topics would you like to know more about?
- Translations of materials?

Diabetes Care Card

- Partnership with ODC Quality Health Systems Workgroup
- English Care Card printed and ready for use
- Spanish translation completed; quality assessment of translation needed
- Translation?



The Future

???

To be determined today.

