

Dr. Tavani

You indicated that awareness of diabetes could be attained in several ways, including a daily examination of the feet. What should you look for in that exam?

Foot problems commonly develop in people with diabetes and can quickly become serious. That is why diabetics should learn how to examine their own feet and how to recognize the early signs and symptoms of problems. These symptoms can include persistent pain, tingling, numbness, redness, swelling, and loss of hair on lower legs/feet. Talk to your doctor to learn more about the signs and symptoms of diabetic foot problems.

How does poor dental hygiene affect you if you have diabetes? Also, reverse that scenario – if you are diabetic, how does that affect your dental hygiene?

Almost one-third of people with diabetes have severe periodontal disease. This is believed to be a result of the diabetic's greater susceptibility to developing infections. Conversely, severe periodontal disease may increase the risk of developing diabetes, and may make it more difficult to manage blood sugar levels.

What is dysmetabolic syndrome?

An association between certain metabolic disorders and heart disease has been known since the 1940s. In the 1980s, this association became more clearly defined and the term metabolic syndrome – also known as syndrome X or dysmetabolic syndrome – was coined to designate a cluster of metabolic risk factors that come together in a single individual.

If you are pre-diabetic, are you definitely going to develop type 2 diabetes?

Before people develop type 2 diabetes, they almost always have “pre-diabetes” – blood glucose levels that are higher than normal but not yet high enough to be diagnosed as diabetes. According to the American Diabetes Association, about 11 percent of people with pre-diabetes develop type 2 diabetes each year during the average 3 years of follow-up. Other studies show that many people with pre-diabetes develop type 2 diabetes in 10 years. For many pre-diabetics, lifestyle changes can make a big difference in preventing or greatly slowing down the development of full-blown diabetes. Talk to your doctor about your condition and what changes you can make.

Is it dangerous to have children when you have type 1 diabetes and wear a pump?

Pump therapy is an effective and safe insulin therapy for women with type 1 diabetes who want to get pregnant. A pump allows the wearer to easily make the necessary insulin adjustments that the different stages of pregnancy require. The ability to give precise dosing, down to fractions of a unit of insulin, also allows a woman to keep her blood sugars in the very tight range that pregnancy demands.