

Diabetes News

A Special Newsletter for MVP Members



Differences Between Type 1 and 2 Diabetes

In general, people with diabetes either have a total lack of insulin (type 1 diabetes) or they have too little insulin or cannot use insulin effectively (type 2 diabetes).

Type 1 diabetes (formerly called juvenile-onset or insulin-dependent diabetes), accounts for 5 to 10 out of 100 people who have diabetes. In type 1 diabetes, the body's immune system destroys the cells that release insulin, eventually eliminating insulin production from the body. Without insulin, cells cannot absorb sugar (glucose), which they need to produce energy.

Type 2 diabetes (formerly called adult-onset or non-insulin-dependent diabetes) can develop at any age. It most commonly becomes apparent during adulthood. But type 2 diabetes in children is rising. Type 2 diabetes accounts for the vast majority of people who have diabetes—90 to 95 out of 100 people. In type 2 diabetes, the body isn't able to use insulin the right way. This is called insulin resistance. As type 2 diabetes gets worse, the pancreas may make less and less insulin. This is called insulin deficiency.

How are these diseases different?

Differences between type 1 and type 2 diabetes

Type 1 Diabetes

Symptoms usually start in childhood or young adulthood. People often seek medical help, because they are seriously ill from sudden symptoms of high blood sugar.

Episodes of low blood sugar level (hypoglycemia) are common.

It cannot be prevented.

Type 2 Diabetes

The person may not have symptoms before diagnosis. Usually the disease is discovered in adulthood, but an increasing number of children are being diagnosed with the disease.

There are no episodes of low blood sugar level, unless the person is taking insulin or certain diabetes medicines.

It can be prevented or delayed with a healthy lifestyle, including maintaining a healthy weight, eating sensibly, and exercising regularly.

How are they alike?

Both types of diabetes greatly increase a person's risk for a range of serious complications. Although monitoring and managing the disease can prevent complications, diabetes remains the leading cause of blindness and kidney failure. It also continues to be a critical risk factor for heart disease, stroke, and foot or leg amputations.



Diabetes Health Professionals

Diabetes is a complex, chronic disease that affects many body systems and requires treatment for the rest of your life. Because diabetes affects so many parts of your body, it has the potential to involve many medical specialists.

You have a lot to learn about both your disease and how best to manage it. But you do not have to go through this process alone. Health professionals can help you make good choices about your diabetes treatment. Working with a team, you can make the lifestyle changes that allow you greater control over the disease and how it develops over time.

The following table provides information about the health professionals who may be involved in your care. You need to see some of these professionals regularly. Others you may see only occasionally or if you develop complications.



Diabetes Health Professionals	What is their role?	When would you see them?
<p>Nurse educator</p> <p>MVP Registered Nurse</p> <ul style="list-style-type: none"> • Will be your personal health coach and assist you with making the necessary lifestyle changes to better manage your diabetes 	<p>Educates people and helps them take control.</p> <p>Often coordinates treatment.</p>	<p>After diagnosis, to learn about diabetes and the daily treatment (for example, how to give an insulin injection).</p> <p>As needed, when daily treatment needs adjusting.</p>
<p>Primary care physician:</p> <ul style="list-style-type: none"> • Internist • Family physician • Pediatrician <p>Other health professionals that may serve as primary care coordinators:</p> <ul style="list-style-type: none"> • Nurse practitioner • Physician assistant 	<p>May serve as diabetes care coordinator and is responsible for the day-to-day medical management of diabetes.</p> <p>Nurse practitioners or physician assistants may also serve as care coordinators.</p>	<p>Regular visits (2 to 4 times a year).</p>
<p>Endocrinologist or pediatric endocrinologist</p>	<p>Specialty medical care (may coordinate care as well).</p>	<p>Sometimes regular visits, or as treatment problems come up.</p>

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MVP Health Care offers a condition health management program for members living with diabetes. For more information or to see if you qualify, call **1-866-942-7966**. MVP's program is based on guidelines for adult diabetes care developed by the American Diabetes Association: A Collaborative Guideline for the Management of the Adult Patient with Diabetes.

Information in this newsletter does not constitute medical advice. If you have questions about your health, talk to your doctor.

Health benefit plans are issued or administered by MVP Health Plan, Inc.; MVP Health Insurance Company; MVP Select Care, Inc.; and MVP Health Services Corp., operating subsidiaries of MVP Health Care, Inc. Not all plans available in all states and counties.



Contact Us

For more information, call **1-866-942-7966**
 Monday–Friday, 8:30 am–5:00 pm
 TTY: **1-800-662-1220**

We value your opinion.

Please fill out a brief, anonymous survey at **mvplistsens.com**. We will use this information to create a better experience for all of our members. All responses are 100 percent confidential. The survey only takes a few minutes to complete.

Diabetes Health Professionals	What is their role?	When would you see them?
Other specialists <ul style="list-style-type: none"> • Nephrologist (kidney specialist) • Cardiologist (heart specialist) • Neurologist (nerve specialist) • Ophthalmologist or optometrist (eye specialists) • Podiatrist (foot doctor) or orthopedic surgeon (bone and joint doctor) 	Provide specialty care for specific problems. Ophthalmologists and podiatrists provide preventive eye and foot care, which helps prevent those specific complications.	For evaluation, or when a problem develops.
Registered dietitian	Educates people and helps them set up and follow their daily meal plan.	Whenever diet and self-management need explaining.
Exercise physiologist	Educates people and helps them develop an appropriate exercise program for their fitness level.	Initial visit and periodic consultations as needed.
Mental health professionals <ul style="list-style-type: none"> • Psychiatrist • Psychologist • Social worker 	Helps people manage stress and cope with emotional problems, such as depression, that may develop.	Regularly (perhaps weekly), for as long as psychological symptoms go on.

At a minimum, you need to see a doctor, a nurse educator, and a dietitian. At health care facilities that specialize in treating diabetes, you may have a team of all the above professionals and also a pharmacist to help you.

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