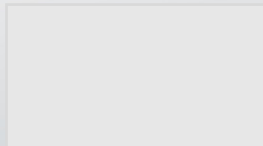


# Diabetes In The Workplace

**ACEC/MA  
HR Forum + Health  
& Safety Forum**

**David B. Alper, DPM**

- Board Member – American Diabetes Association, Northeast
- Trustee – Board of Trustees, American Podiatric Medical Association



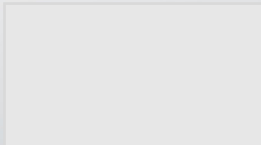
# **Speaker Disclosures and Conflicts of Interests**

- **Board Member – Leadership Board, American Diabetes Association.**
- **Member, Clinical Board – Amputation Prevention Alliance**
- **Trustee, Board of Trustees – American Podiatric Medical Association**
- **Member, Executive Board – Alliance of Wound Care Stakeholders**

**There are no Conflicts of Interest associated with this lecture.**

# **A major part of the American population has diabetes or are pre-diabetic**

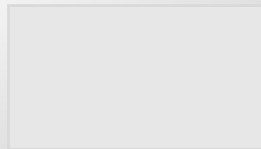
- In 2020, 37.3 million Americans (12% of the population) had the diagnosis of diabetes
- 8.5 million were undiagnosed
- 96 million(!) Americans 18 years and over were pre-diabetic



# Diabetes' Disproportionate Impact

Compared to non-Hispanic whites:

- American Indians and Alaska Natives are **twice as likely** to be diagnosed with diabetes.
- Blacks and Hispanics are more than **50% more likely** to be diagnosed with diabetes.
- Asian Americans are **10% more likely** to be diagnosed with diabetes.



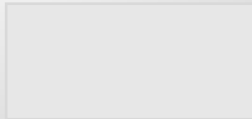


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# What is diabetes?

When you have diabetes, your blood glucose (sugar) levels rise higher than normal. There are three main types of diabetes.

- Type 1 diabetes
- Type 2 diabetes
- Gestational diabetes (GDM)

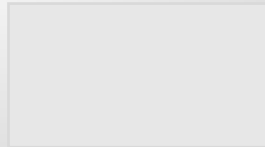




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## What is prediabetes?

Prediabetes is when your blood glucose (blood sugar) levels are higher than normal but aren't high enough to be diagnosed diabetes.



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# What is type 1 diabetes?

In type 1 diabetes, your immune system mistakenly destroys the beta cells in your pancreas that make insulin.



---

# What is type 2 diabetes?

If you have type 2 diabetes, your body does not use insulin properly. This is called insulin resistance.







# What is gestational diabetes (GDM)?

GDM is diabetes that develops during pregnancy.

- If your blood sugar levels return to normal after giving birth, you are at higher risk for developing type 2 diabetes.
- If your blood sugar doesn't return to normal, you will be diagnosed with type 2 diabetes.



## What puts you at risk for type 2 diabetes?

Risk factors include:

- History of high blood glucose, prediabetes, and/or gestational diabetes (GDM)
- Overweight and obesity
- Physical inactivity
- Genetics
- Family history
- Race and ethnicity
- Age
- High blood pressure
- Cholesterol problems

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# What are the symptoms of diabetes?

## Symptoms include:

Urinating often

Feeling very thirsty

Feeling very hungry—even though you are eating

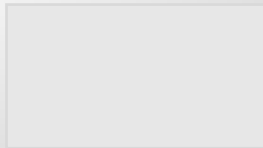
Extreme fatigue

Blurry vision

Cuts/bruises that are slow to heal

Weight loss—even though you are eating more (type 1)

Tingling, pain, or numbness in the hands/feet (type 2)

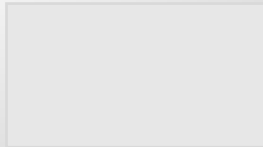




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# How is diabetes treated?

Diabetes may be treated with meal planning, exercise, oral medications, insulin, and other injectables.





# What about medications for diabetes?

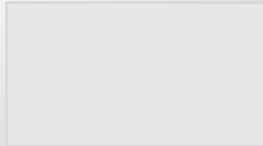
There are three types of medications for diabetes.

1. Diabetes oral medications (pills)
2. Insulin
3. Other injected medications

# Complications from Diabetes

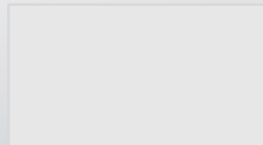
Over time, diabetes can lead to dangerous, disabling, and deadly complications, such as:

- Heart disease and stroke
- Nerve damage
- Kidney damage, end-stage kidney disease
- Eye problems, blindness
- Lower-limb amputation





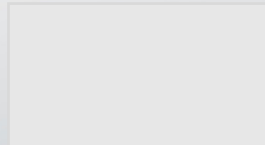
There are several signs and symptoms to look for when patients present with diabetes – or diabetes is suspected but not diagnosed



# Signs & Symptoms

Diabetes warning signs in the feet:

- Redness
- Numbness
- Swelling
- Cold to touch
- Inflammation





# What makes a “Good Shoe”



- ✓ Cushioned Heel
- ✓ Arch Support
- ✓ Ergonomic Sole

# Anatomy of a Safe Shoe #1



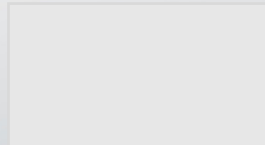
# Anatomy of a Safe Shoe #2



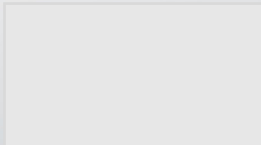
**Function, not  
Fashion!**



**The more on your  
feet, the higher  
the top...**



It is all about  
ROOM for the toes!



And...It is all  
about **WATER**





**TOO  
TIGHT!!!**

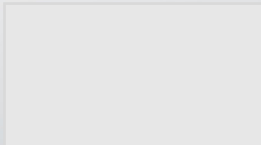




# **“Diabetic Socks” – not just for diabetics...**



**Warning! Next  
slide contains  
open wounds**



**A “simple cut”  
is NOT simple!**



# Clean, Dress & Pad



**When you  
cannot feel,  
you do not  
know the  
damage that  
has been  
done...**



**Standing Desks –  
because**

**“Sitting is the new  
Smoking!”**



If you sit, here is  
a “secret” for  
under the desk...





**Take the Pressure  
Off –**

**Use Anti-Fatigue  
Mats!**

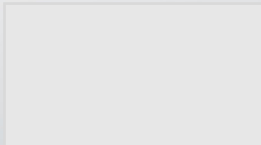




**Treat Your Feet  
Real Sweet...**



**Questions?  
Comments?  
Criticisms?  
Compliments?**



**Thank you for the  
opportunity to speak  
with you all!**

**Still have questions?  
Please reach out...**

**David Alper, DPM**

**BelmontPod@aol.com**

