

Title: Drinking Coffee Decreases a Patients Risk for Developing Type II Diabetes.

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Abstract:

Many patients come to clinic asking about how drinking coffee can affect their health either for good or bad. A recent study published in the annals of internal medicine followed thousands of men and women over a number of years and showed that drinking coffee actually had a significant protective benefit in helping prevent type II diabetes, however more evaluation is necessary. The purpose of this pamphlet is to better describe the risk factors for type II diabetes, as well as lay out lifestyle modifications that can be made in order to reduce a patient's risk of developing type II diabetes.

This document was created by a medical student enrolled in the Primary Care Clerkship at the University Of Minnesota Medical School as part of the course project. The aim of the project is to present information on a medical topic in the format of a patient education handout. It does not necessarily reflect the views of the University of Minnesota Medical School physicians and faculty. These materials are provided for informational purposes only and are in no way intended to take the place of the advice and recommendations of your personal health care provider. The information provided may no longer be up to date since it has not been reviewed since the date of creation. The information provided should not be used to diagnose a health problem or disease, or as a means of determining treatment. In the event of a medical emergency, immediately contact a doctor or call 911.

## How Can I Reduce My Risk?

**Exercise:** The benefit of exercise has been demonstrated in many studies. Aim for 30 minutes of moderate physical activity each day. Take a brisk walk, ride your bike, swim laps. They are all beneficial.



**Eat Healthy Foods:** Choose foods low in fat a calories, and try to focus on eating more fruits, vegetables, and whole grains.



**Lose Excess Weight:** If you're overweight, losing even 10 pounds can reduce the risk of diabetes. Try to focus on permanent changes that help you lose weight so the results can be long lasting.



**Stop Smoking:** It is well known that smoking increases your risk of almost all diabetic complications. Talk to your doctor about helping you quit.



## When Should I Seek Medical Advice?

- 1- If you're concerned about diabetes
- 2- If you are experiencing any symptoms (increased thirst, frequent urination, extreme hunger, weight loss, or blurry vision).
- 3- If you have risk factors for diabetes and have not been screened.



### REMEMBER...

Type II diabetes is a serious medical condition, but don't panic! People with type II diabetes can live long, happy, healthy lives when managed properly, and your doctor is there to help you do just that.

### For More Information

Talk to your doctor, or visit the following websites for trusted information.

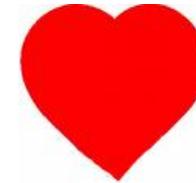
- 1- American Diabetes Association
- 2- FDA Diabetes Information Page



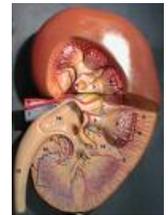
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# Diabetes Type III

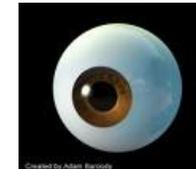
Affecting The Whole Body



Heart



Kidneys



Eyes



Legs

## Recognizing Risk Factors

## And Decreasing Your Risk

## What is Type II Diabetes?

Type II diabetes is a chronic condition that effects the way your body manages sugar (glucose), which is main source of fuel for your body.



When you eat food your body breaks down all of the sugars and starches into glucose so that it can be absorbed into your blood to be taken to the rest of the body. Insulin is responsible for moving glucose from the blood into the individual cells so that they can burn it for energy.



When you have type II diabetes your body is resistant to the effects of insulin and as a result glucose builds up in the blood stream.

## This causes 2 major problems.

- 1- Your cells may be starved for energy because glucose cannot be moved from the blood stream into cells
- 2- Over time high blood glucose levels may damage your eyes, kidneys, nerves and heart.

## How Can Diabetes Affect My Health?



**Heart and Blood Vessels:** Diabetes dramatically increases your risk of heart attack and stroke by causing narrowing of the arteries.

**Nerve Damage (neuropathy):** Excess sugar can injure the walls of the tiny blood vessels that nourish your nerves. This causes numbness and burning pain at first and can eventually cause complete loss of feeling. It can also cause nausea, diarrhea or constipation, as well as erectile dysfunction in men.

**Kidney Damage:** The kidneys contain millions of tiny blood vessels that filter waste from your blood. Diabetes damages this delicate filtering system and can eventually cause irreversible kidney failure.

**Eye Damage:** Diabetes can also damage the small blood vessels in your eye leading to blindness, cataracts and glaucoma.

**Foot damage:** Nerve damage and poor blood flow to the feet increases your risk of infections, and severe damage may require amputation of the affected limb



## Am I At Risk?



**Weight:** Being overweight is a primary risk factor for type II diabetes



**Inactivity:** The less active you are, the greater your risk.

**Family History:** Your risk of Type II diabetes increases if a parent or sibling has type II diabetes.



**Race:** It is unclear why people of certain races – including blacks, Hispanics, American Indians and Asian Americans – are more likely to develop type II diabetes.



**Age:** As you age your risk increases, especially after age 45.

**Prediabetes:** This is a condition in which your blood sugar levels are higher than normal, but not high enough to be called “diabetes”. If untreated this often progresses to diabetes:



**Gestational Diabetes:** If you developed this during pregnancy or gave birth to a baby greater than 9 pounds you are at increased risk.

