



24 Hours Care
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Diabetes



Symptoms:

Initial symptoms of diabetes are very mild and often get ignored

Common symptoms of diabetes are:

- Frequent urination
- Feeling very thirsty
- Feeling very hungry - even though you are eating
- Extreme fatigue
- Blurry vision
- Cuts/bruises that are slow to heal. In some severe cases resulting in foot ulcers.
- Weight loss - even though you are eating more (type 1)
- Tingling, pain, or numbness in the hands/feet (type 2)

Treatment:

Diabetes treatment includes glucose monitoring and management.

Insulin injections - Diabetics need to be injected with insulin and glucose level needs to be monitored.

Oral medications – There are some oral medications available for glucose management. Sulfonylureas induce pancreas to produce more insulin. Biguanides control glucose production by liver.

Diet: Controlled healthy diet low in carbohydrates

Exercise: Weight management and heart healthy exercise is very important in diabetes management.

Diabetes mellitus

(DM) or simply **diabetes**, is a disease in which, a person has high blood sugar. Untreated, diabetes can lead to many complications. Acute complications include, diabetic ketoacidosis, foot ulcers and coma. Serious long-term complications include heart disease, kidney failure, and damage to the eyes.

Diabetes occurs either because the pancreas do not produce enough insulin, or because cells of the body do not respond properly to the insulin that is produced. There are three main types of diabetes mellitus:

- **Type 1 DM** results from the body's failure to produce insulin.
- **Type 2 DM** results from insulin resistance, a condition in which cells fail to use insulin properly.
- **Gestational diabetes**, is the third main form and occurs when pregnant women without a previous diagnosis of diabetes develop high blood glucose

Facts you should know about Diabetes

- There is an epidemic of diabetes emerging globally that can be traced back to increase in obesity and physical inactivity and stress.
- Total deaths resulting from diabetes are projected to increase by more than 50% in the next 10 years. Most notably, they are projected to increase by over 80% in upper-middle income countries.
- Type 2 diabetes is much more common than type 1 diabetes, and accounts for around 90% of all diabetes worldwide.
- Diabetes can be prevented. Thirty minutes of moderate-intensity physical activity on most days and a healthy diet can drastically reduce the risk of developing type 2 diabetes.
- **382 million people** have diabetes in 2013; by 2035 this will rise to **592 million**.
- **The greatest number** of people with diabetes are between **40 and 59** years of age.

Please turnover for more information →

SERVICE WITH PERSEVERANCE & COMPASSION

About 24 Hours Care

24 HOURS CARE recognizes the importance of offering quality care services to the elderly and those who have special needs.

We provide professional home health care and are committed to holistic approach in responding to the needs of senior citizens and physically challenged individuals.

We are thankful for their contributions and believe that it is our turn to respectfully offer the care and compassionate services they richly deserve.

- Collins & Laura

About Laura Emerhi

Laura is a registered Nurse in Massachusetts, CPR, Telemetry Certification, Certified Nursing Assistant and Physical Therapist in Lithuania. She has been working for over 10 years with never ending passion to make a difference in clients life, see client change and grow in a positive manner. She says "I love working at 24 Hours Care and Xpress Healthcare Staffing delivering compassionate quality care and I am amazed by the power of personal relationships between me and client. Sometimes it comes easy but sometimes it requires persistent hard work Perseverance with Compassion...everything is possible. I speak Lithuanian & Russian."



Advisor - Dr. Chieke Udom, MD knows everything about your condition. We encourage our patients to ask questions to their healthcare provider. Feel free to let us know what concerns you.

Hospital medicine - Contact

Melrose-Wakefield hospital, Melrose MA, 02176
781.979.3861
Lawrence Memorial Hospital, Medford, MA 02155
781.306.6081

Important links about Diabetes:

- <http://www.diabetes.org/>
- <http://www.idf.org/>
- http://www.webmd.com/diabetes/guide/diabetes_support_resources
- <http://www.diabetes.org/living-with-diabetes/treatment-and-care/>
- <http://www.cdc.gov/Diabetes/>

How do we help patients with Diabetes?

- Needs Assessment
- Plan for care - Establish a plan of care that includes important medical as well as non-medical information about the patient.
- Trained nursing care at home
- Following the treatment procedures recommended by the physician
- Consultation with the patient and family members.

We create strategy for long term care for the patient depending on the stage of the disease.

Our Specialized services for Diabetes include:

- Vital signs management, including blood pressure and glucose levels
- Exercise regimen to maintain the physical activity Focusing on Aerobic exercise
- Nutrition management - We make sure patient receives proper nutrition and hydration that is recommended for diabetics
- Medicine delivery management. Insulin injections on time.
- Massage therapy - Massage benefits patients on all levels to restore the body and refresh the mind.
- Looking after the patient comfort
- Stress management
- Providing 24 hours care to ensure well being of the patient
- Medical and non-medical care

24 Hours Care Difference:

Compassionate professionals work with patients on a day-to-day basis to help keep their home environment clean, safe and embracing an emerging model of care that allows many elderly or patients with chronic illnesses remain in their homes and still receive the medical and social services available in institutions.

We provide

- therapeutic activities programs
- assistance with activities of daily living (ADLs)
- specialized activities for the cognitively impaired
- coordinated hospice care
- certified and experienced staff member will follow up with the patient and family to ensure satisfaction.
- competent, compassionate care to provide comfort for patients.

"Long-Term Care Insurance Accepted"