

How Diabetes Relates to Falling?

Like many other diseases and conditions diabetes can increase the risk of falling. Diabetes affects many systems throughout the body and can lead to further complications and serious illnesses, below is a list of factors and conditions that could potentially lead to an increased risk of falls.

- Low Blood Glucose Levels
- Fatigue
- Confusion
- Nerve Damage in Feet
- Poor Blood Flow to Feet



Please visit for more information:

The AGS Foundation for Health in Aging
<http://healthinaging.org/>

National Institute on Aging - Age Page
<http://www.niapublications.org>

National Diabetes Information Clearinghouse
<http://www.diabetes.niddk.nih.gov>

American Diabetes Association
<http://www.diabetes.org>

American Orthopedic Foot and Ankle Society
<http://www.footcaremd.com>

WebMD

<http://diabetes.webmd.com>

Resources for this brochure were located at the above sites.

Contact us at:

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www.chp.cmich.edu/bridges/FBC_1.htm

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Diabetes in Older Adults



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What is Diabetes?

Diabetes is a condition where the body is unable to produce insulin and/or it does not properly use insulin. Insulin is a hormone that assists the body in using glucose for energy, therefore when the body does not use or it misuses insulin, glucose levels become too high.

There are two types of diabetes:

Type 1 Diabetes occurs when the pancreas is unable to produce or does not produce enough insulin. Insulin must be taken everyday. The onset is usually

Type 2 Diabetes occurs when the body is able to produce insulin, but does not use it properly. Type 2 diabetes accounts for about 90% of cases of diabetes in older adults.

Risk factors for developing Type 2 diabetes:

- Lifestyle
- Aging
- Family History
- Inactivity
- Genetics
- Being overweight and/or obese
- Medications

How to manage your diabetes?



- Eat a Healthy Diet
- Reduce fat and carbohydrate intake



- Be Physically Active



- Review Medications with your Physician or a pharmacist

- Monitor and Regulate glucose, blood pressure and cholesterol



- Quit Smoking

- Oral medication may be prescribed to assist in



Why is it important to be tested?

It is very important to have your doctor test your glucose levels to determine if diabetes is present because many people may not experience any symptoms. Diabetes can lead to further complications and serious illness such as heart disease, stroke, kidney failure, blindness, amputation of limbs, nerve problems, and an earlier death.



What are the symptoms of diabetes?

- Increased thirst
- Increased urination
- Weight loss
- Fatigue
- Slow healing of cuts, wounds
- Numbness/tingling in feet
- Foot sores
- Confusion

