

GASTROPARESIS

1 **GASTROPARESIS** is a condition affecting many people living with diabetes (type 1 and type 2). When the nerves that control the digestive system are damaged (a type of autonomic neuropathy, the stomach loses the ability to move food through the system. Gastroparesis can change how long it takes for the body to absorb food and make it difficult for people with diabetes to match insulin, other treatment, food portions, and exercise.

2 Gastroparesis gets little attention even though it is a relatively common complication. Gastroparesis affects anywhere from 20–50% of the diabetic population, especially those with type 1 diabetes mellitus or those who have lived with type 2 diabetes for 10 years or longer.

Gastroparesis appears to be more common in patients with type 1 diabetes than in those with type 2 diabetes.

Women are more likely to develop gastroparesis than men. For every one man diagnosed with gastroparesis, 4 women are diagnosed with gastroparesis.

3 **DIAGNOSIS** of gastroparesis can be challenging, as it is often undetected. Gastric-emptying tests are the most common medical tests for gastroparesis.

Many people with gastroparesis do not have any noticeable signs or symptoms. For those who do, common signs and symptoms may include:

- Feeling full after eating a few bites of food, and for long after eating
- nausea
- vomiting (food undigested after eating a few hours earlier)
- acid reflux
- abdominal bloating
- abdominal pain
- loss of appetite
- weight loss
- malnutrition
- unexpected and/or sudden changes in blood sugar levels

4 TREATMENT OPTIONS

- Medications
 - Help the stomach empty
 - Ease constipation
 - Ease diarrhea
 - Ease acid reflux
- Nutrition/diet
 - Small, frequent meals
 - Low-fat, high-fiber foods
 - Semi-soft or liquid nutrition
- Hydration
- Blood glucose
 - Increase time spent in range; narrow target range
 - Insulin infusion pump, continuous glucose monitor, and/or closed-loop system with pump and CGM to respond quicker to unpredictable digestion and resulting BG



References:

Diabetes Ther. 2018 Jul; 9(Suppl 1): 1–42. Published online 2018 Jun 22. doi: 10.1007/s13300-018-0454-9

Mayo Clinic <https://www.mayoclinic.org/diseases-conditions/gastroparesis/symptoms-causes/syc-20355787>

American Diabetes Association

<https://www.diabetes.org/diabetes/complications/neuropathy/autonomic-neuropathy>