





IMPORTANT THINGS

Hispanic Women *with* Diabetes Need to Know

 **One in three Hispanic people have prediabetes**, a condition where a person's blood sugar is higher than someone without diabetes. Without intervention, prediabetes is likely to become type 2 diabetes in 10 or fewer years.

 **Gestational diabetes disproportionately affects Hispanic women.** Risk of developing gestational diabetes is 35-80% higher for Latinas than the general population. Risk factors include prediabetes, family health history of type 2 diabetes, being overweight with a body mass index of more than 30, and having previous pregnancies where the baby weighed more than 9 pounds at birth.

 **Women with diabetes are more apt to experience depression.** Women with any type of diabetes have a higher risk of depression compared to women without diabetes. Hispanic women may experience depression with sadness, anxiety, and helplessness, especially when living with chronic illness.

 **Diabetes (specifically prolonged high BG) is linked to other health conditions, including:**

- Eye disease (diabetic retinopathy, diabetic macular edema (DME), glaucoma, cataracts)
- Kidney damage and chronic kidney disease (CKD)
- Heart disease (cardiovascular disease, or CVD)
- Neuropathy (nerve damage)

 **Treatment Options:**

- Diabetes education classes, information, and resources are incredibly important.
- A medical team with expertise to support the physical and mental aspects of the disease
- Blood glucose monitoring, with goals for time in range
- Medications – oral and injectable, including insulin
- Food choices, including carb counting
- Exercise choices
- Peer support – in groups, with individuals, and/or online



Bottom Line

There is a good chance that you know another woman at risk of, or already living with, diabetes. While there is no cure for diabetes, with treatment diabetes can be managed. Research shows that lifestyle changes with medication as directed, can help manage type 2 diabetes and reduce complications.