



# DIABETES AND ENDOCRINOLOGY DIGEST

## QUARTER 2 • 2025

### DIABETIC RETINOPATHY

Diabetic Retinopathy is a complication from diabetes and uncontrolled high blood sugars. Over time, uncontrolled elevations in blood sugar can damage the blood vessels and nerves in the eye and around the retina located in the back of the eye. The retina senses light and sends signals to your brain so that you can see. Damage to the surrounding nerves and blood vessels leads to fluid build-up (swelling) and can cause vision problems or even vision loss.

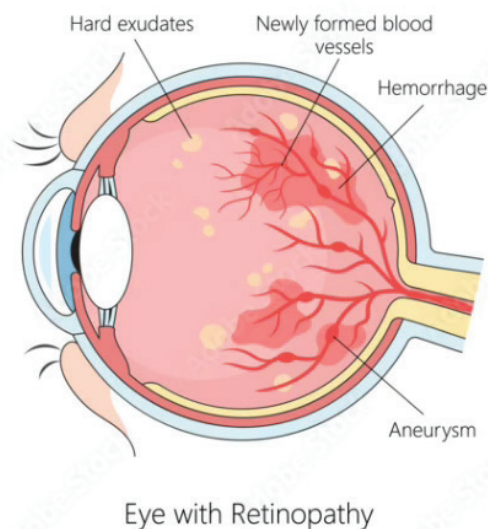
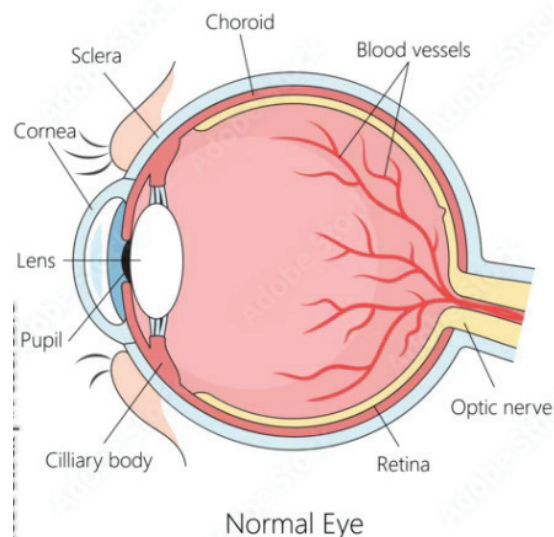
**If left untreated, diabetic retinopathy can lead to blindness.**

Symptoms of diabetic retinopathy include seeing spots or “floaters”, blurred vision, dark or empty areas in your vision or vision loss.

Treatment options can vary for diabetic retinopathy but can include injections, laser treatment or retina surgery.

**To prevent or slow down progress of diabetic retinopathy, follow the A B C D E's:**

- A – A1c.** According to the American Diabetes Association, most adults should aim for an A1c < 7%.
- B – Blood Pressure.** According the American Diabetes Association, most adults with diabetes should aim for a blood pressure <130 / 80.
- C – Cholesterol.** Manage your cholesterol levels per your doctor's recommendations.
- D – Don't smoke.**
- E – Eyes.** Get screened for diabetic retinopathy annually.



Here at Hamilton Diabetes & Endocrinology, we offer screening for diabetic retinopathy. This screening is non-dilated and the screening test via the Eynuk takes less than 5 minutes. For information, ask your Provider today!

# DIABETES: SLEEP HEALTH & SLEEP APNEA

When it comes to controlling your diabetes, sleep can be just as important as diet and exercise. In fact, the American Diabetes Association (ADA) now recognizes sleep on the same level as other lifestyle factors such as activity and nutrition. Poor sleep quality was associated with a 40-84% increased risk of developing type 2 diabetes.\*

## PRACTICE GOOD SLEEP HYGIENE

- No electronics one hour before bed
- No TV in the bedroom
- Use the bed for sleeping or only non-stressful activities (no work or homework)
- Set a bedtime routine (wash face, brush teeth, turn off lights)
- Aim for 6-8 hours of sleep each night

Sleep gives our brain time to absorb information, our body time to heal and repair from the day, and helps our immune system stay strong and healthy.

A lack of sleep can increase the hormone CORTISOL which can increase insulin resistance – so insulin doesn't work as well – and decreases the hormone LEPTIN which helps to tell us when we are full. Therefore poor sleep can lead to increased blood sugars and over-eating.

## What about Sleep Apnea?

Sleep Apnea can also be a cause for poor sleeping. Sleep Apnea is when there are pauses or stopping of breathing throughout the night. People who have diabetes are 50% more likely to be diagnosed with sleep apnea. If you can answer “yes” to one or more of the following questions, set an appointment with your healthcare provider to discuss sleep apnea.

- S** – Do you **SNORE** loud enough to be heard from another room?
- T** – Are you **TIRED** even after sleeping?
- O** – Has anyone ever **OBSERVED** you stop breathing at night?
- P** – Do you have or ever been treated for high blood **PRESSURE**?

## ACTIVITY “SNACK”

Do you often feel tired or sluggish in the afternoon and reach for a sweet treat to give you a boost of energy to make it through the day? Have you tried an activity “snack” instead? An Activity Snack is a brief, approximately two-minute, period of movement. Examples of activity snacks may be walking, jumping jacks, chair squats, jogging in place, walking up and down stairs or push-ups.

Benefits of an activity “snack” include improved heart health, improved cognitive function and reduced stress level. Start adding in an activity “snack” today!

