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The BREEZE®2 Meter and 10-test disc received the **Ease-of-Use Commendation** from the Arthritis Foundation®.

It is important to educate yourself on your diabetes and specific type of arthritis so that you can continue to be an active member of your healthcare team. Keeping active, eating a balanced diet, and maintaining or achieving a healthy weight are key to helping manage your diabetes and arthritis.

For more information about Diabetes Care systems and support from Bayer, or help with your diabetes testing supplies, call our Customer Care Specialists at 1-800-348-8100 (24 hours, 7 days a week).

www.bayerdiabetes.com/us

For more help in managing your diabetes, see a diabetes educator. To find an educator: www.diabeteseducator.org



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Diabetes and Arthritis

Bayer Health Facts



Living with Diabetes and Arthritis

Arthritis and diabetes are common medical conditions faced by many Americans. There are some people living with both conditions. In fact, those living with diabetes are twice as likely to develop arthritis. 52% of people with diabetes experience arthritis. Fortunately, taking care of your diabetes and maintaining a healthy and active lifestyle can help manage some of the discomforts of living with arthritis.

What is Arthritis?

The basic definition of arthritis is inflammation that can affect one or more of the body's joints. This condition can affect anyone of any age, and it is important to be aware of some of the risk factors for arthritis:

- Age: Risk for arthritis increases with age.
- Gender: In general, women are more likely than men to have arthritis.
- Weight: Obesity mainly affects the knee joints.
- Occupation Factors: Frequent injury, bending, kneeling, or squatting.

The following are some of the symptoms of arthritis:

- Swelling in one or multiple joints
- Long-lasting, early morning stiffness
- Repeated pain or tenderness in a joint

- Unable to move a joint normally
- Clearly noted redness or warmth in a joint
- Unplanned or unexpected weight loss, fever, or weakness with pain in the joint

Forms of Arthritis

There are over 100 different types of arthritis. Listed below are some common forms.

Osteoarthritis

Osteoarthritis, the most common form, is commonly referred to as the “wear and tear” arthritis. It mostly affects the small and large joints in the hands, spine, knees, and hips, and can result in bone destruction. Pain in the joints from this type of arthritis is usually worse late in the day, and sometimes the joint can develop redness, feel warm, and become swollen.

Rheumatoid Arthritis

Rheumatoid arthritis is a chronic condition that causes pain, swelling, and eventually damage in and around most of the body's joints. Even though it can affect most of the joints, the joint swelling is most common in the small joints of the hands and feet. Rheumatoid arthritis can also affect other parts of the body, such as the muscles, skin, vessels, and organs. Stiffness and swelling is very common in the morning.



Gout

Gout is a result of the body not being able to process certain chemicals correctly. This may result in high blood levels of uric acid, which can build up in the joints and cause inflammation. Attacks to the body's joints happen fast and are extremely painful. The most common joint affected is the big toe.

The Connection between Diabetes and Arthritis

Problems with the function of muscles and bones are common in people with a long history of type 1 diabetes, and in some with type 2 diabetes. The body may have a variety of problems in the nerves, joints, connective tissues, skins, tendons, and muscles, which is very similar to many types of arthritis. Problems with the hands, feet, fingers and shoulders are often seen in people with diabetes.



Obesity, or excess body weight, is a common risk factor for type 2 diabetes and osteoarthritis. Excess body weight is commonly linked with insulin resistance, the body's poor response to insulin, making it more difficult to manage blood glucose levels. This insulin resistance also causes more inflammation in the body, which may make symptoms of osteoarthritis worse by directly affecting the joint.

Managing Diabetes and Arthritis

Physical Activity

Physical activity is encouraged in all people living with diabetes because it may help with weight loss and improve how the body uses insulin, which may help to manage blood glucose. Some people living with both diabetes and arthritis, however, may not get any physical activity. Many may think physical activity makes arthritis worse, but low impact activities, such as walking, biking, swimming, and tai chi, can be very beneficial for arthritis and for diabetes management. Regular physical activity may help to reduce joint pain, increase flexibility and muscle strength. Your doctor or physical therapist can help you decide which activities are best for you.



Blood Sugar Monitoring

Regular blood sugar testing is very important for good diabetes control, especially if you are starting a new activity, or if you have had a change in your medication that affects your blood sugars. Unfortunately, some types of arthritis and problems from diabetes affect the joints in the hand, which can make blood glucose testing difficult.

Medications

One method of treatment that you and your doctor may decide upon with certain types of arthritis is medication, which can range from over the counter anti-inflammatory medications to prescription medication such as steroids. If steroids, such as prednisone or glucocorticoids, are the only treatment option, it is important to know that they may cause high blood sugar and you may need to test your blood sugar more frequently. Talk with your health care provider or pharmacist for more information on drug interactions.

Meal Planning

The overall nutrition goal for any person living with diabetes and arthritis is to eat a balanced diet, moderate portion sizes, and a variety of foods such as: fruits, vegetables, whole grains and lean protein. Crash diets should be avoided because they may cause a gout attack.

Tips for Self Care

- Listen to your body. If you start feeling more pain, stiffness, or swelling in your joints, visit your healthcare provider for an evaluation and early treatment.



- Protect your body. Ease the load on your joints by maintaining a healthy weight. Make life easier by using self-help devices, such as handrails for the bath or shower, a jar opener, or a gas can opener when filling your gas tank.

Consult your healthcare provider regarding additional devices for your specific needs. Also, wear properly fitted therapeutic shoes to protect your feet, reduce pain and improve overall foot health.

- Move your body. Physical activity may be helpful to decrease pain, lessen fatigue, and may help to improve your blood sugar.
- Relax your body. Try taking a warm bath to help decrease joint pain and muscle tension. Massages may be helpful in pain reduction as well. You also may need to take frequent breaks throughout the day to rest and manage pain.

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