



Did you know...diabetes differs for women?

Oh really...why?

Women and men are obviously different. This holds true for diabetes and its treatment as well.

For World Diabetes Day 2017, Roche Diabetes Care encourages women around the world to learn more about how diabetes effects them so they can take charge of their health.

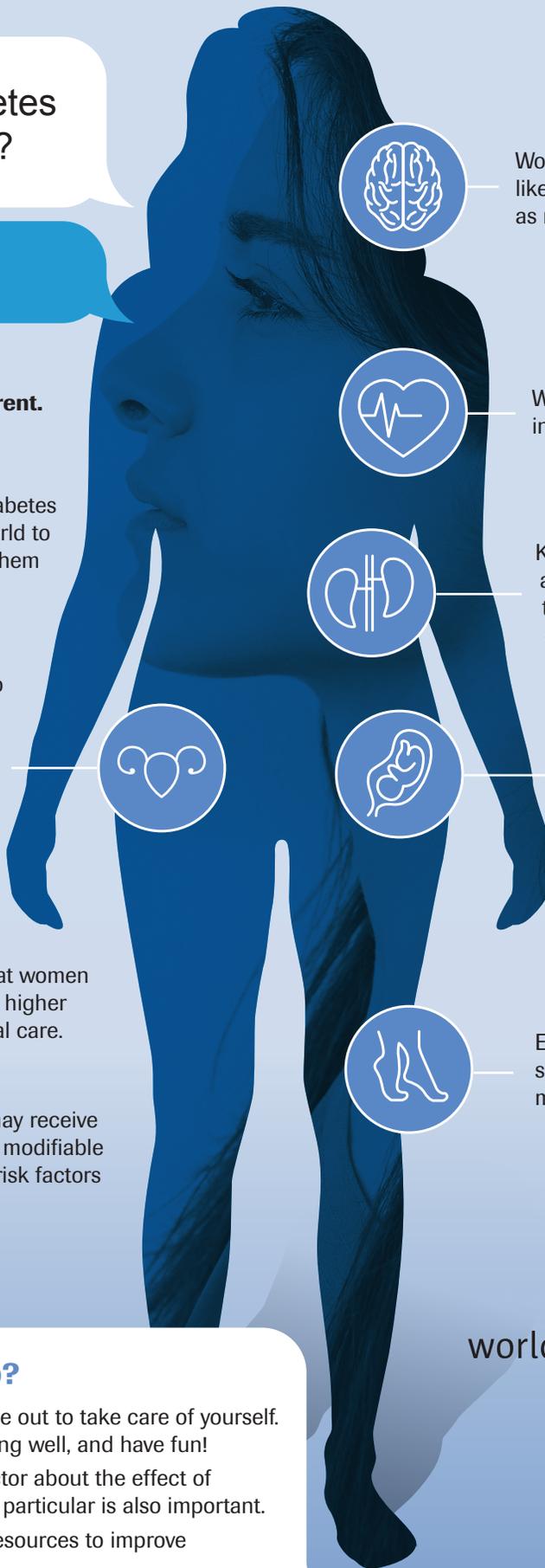
Women with diabetes are more likely to have polycystic ovary syndrome (PCOS); a risk factor for fertility problems. symptoms include but are not limited to irregular periods, weight gain, fatigue, pelvic pain with periods and heavy bleeding, acne, and infertility.



Research has shown that women with diabetes may be at higher risk of foregoing medical care.



Women with diabetes may receive less treatment for many modifiable cardiovascular disease risk factors than men.



Women with diabetes are twice as likely to be affected by depression as men.



Women with diabetes are at an increased risk of heart disease.



Kidney disease generally doesn't affect women until they get to menopause, a time when estrogen levels fall.



Having gestational diabetes during pregnancy increases the risk of developing type 2 diabetes later in life.



Exercise can improve insulin sensitivity helping blood sugar management.



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What is a woman to do?

1. Self care is not selfish – take time out to take care of yourself. Schedule exercise, focus on eating well, and have fun!
2. Good communication with a doctor about the effect of diabetes on a woman's health in particular is also important.
3. See page 2 for tips, tricks, and resources to improve your health.

If you experience signs of depression, don't keep them to yourself. Reach out to your doctor or other support groups for help. Here are some other tips to try, along with your doctor's recommendations.



- 1. Get in a routine.** Setting a gentle daily schedule can help you get back on track.
- 2. Set goals.** Set daily goals for yourself. Start small, make your goal something that you can succeed at, like making your bed in the morning. As you start to feel better, you can add more challenging daily goals.
- 3. Exercise.** It temporarily boosts feel-good chemicals called endorphins. How much exercise do you need? You don't need to run marathons to get a benefit. Just walking a few times a week can help.
- 4. Eat healthy.** There is no magic diet that fixes depression. It's a good idea to watch what you eat, though. Trying to focus on fresh fruits and vegetables can make you feel refreshed too.
- 5. Get enough sleep.** Depression can make it hard to get enough shut-eye, and too little sleep can make depression worse. Start by making some changes to your lifestyle. Go to bed and get up at the same time every day. Try not to nap. Take all the distractions out of your bedroom - no computer and no TV. In time, you may find your sleep improves.
- 6. Try to have fun.** If you're depressed, make time for things you enjoy. If nothing seems fun, just keep trying.

Several things in your control can help reduce your risk for heart disease.



- 1. Don't smoke, actively or second-hand smoke.** Your chance of having a heart attack doubles if you smoke as few as one to four cigarettes per day.
- 2. Be more active.** Get at least 30 minutes per day of moderate-intensity exercise, such as brisk walking, most days.
- 3. Eat healthfully.** Studies at Harvard Medical School and elsewhere have identified several crucial ingredients of a heart-healthy diet — whole grains, a variety of fruits and vegetables, nuts (about 5 ounces per week), poly- and monounsaturated fats, fatty fish (such as wild salmon), and limited intake of trans fats.
- 4. Reduce stress and treat depression.** Your risk for heart disease increases if you're depressed or feel chronically stressed. Stress-reducing strategies include exercise, adequate sleep, relaxation techniques, and meditation. Psychotherapy can be especially helpful with depression and anxiety.

There are different health providers who may diagnose and provide care for polycystic ovary syndrome (PCOS) or PCOS-related conditions.



Women often see more than one health provider for PCOS-related issues, but in some cases they may only have one provider. These health providers include:

- Primary care doctor
- Gynecologist
- Dermatologist
- Psychologist and/or psychiatrist
- Dietician
- Medical endocrinologist- a hormone specialist typically considered the specialist for PCOS.
- Reproductive endocrinologist- a fertility specialist

It's stressful to know you have a condition that can affect your unborn baby's health.



But the steps that will help control your blood sugar level — such as eating healthy foods and exercising regularly — can help relieve stress and nourish your baby and help prevent type 2 diabetes in the future. That makes exercise and good nutrition powerful tools for a healthy pregnancy as well as a healthy life — for you and your baby. You'll probably feel better if you learn as much as you can about gestational diabetes. For guidance talk to your health care team. Read books and articles about gestational diabetes. Join a support group for women with gestational diabetes. The more you know, the more in control you'll feel.

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