

Diabetes Mellitus and Related Conditions

Julie Rose – Levy County VSO/CSVOA Secretary

Reference:

38 CFR 4.119 Endocrine System – Code 7913

Veterans Benefit Manual Section 3.8.3 or page 247 in the 2018-2019 edition

American Diabetes Association

Mayo Clinic

Useful links to help with secondary conditions

www.medlineplus.gov

www.nlm.nih.gov

www.diabetes.org

What is Diabetes Mellitus:

Diabetes is a disease in which your blood glucose, or blood sugar, levels are too high.

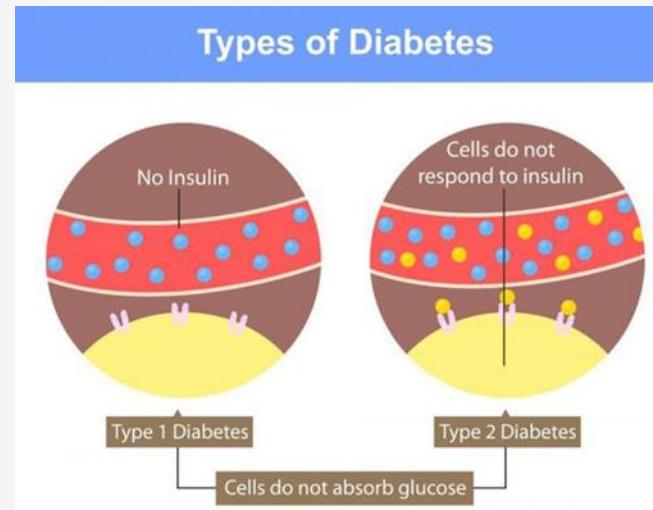
Glucose comes from the foods you eat. Insulin is a hormone that helps the glucose get into your cells to give them energy

Type 1 (Childhood Diabetes)

People with type one diabetes, the body does not make insulin

Prediabetes

this means that your blood sugar is higher than normal but not high enough to be called diabetes and puts you at a greater risk of becoming a type 2 diabetic



Type 2 (most common)

For those that have type 2, the body doesn't not make or use insulin well

Who is effected by diabetes? EVERYONE

1. The Veteran with Diabetes - Medications, Secondary conditions, life style changes & challenges
2. Veterans partner - Life style changes including, meal planning, intimacy changes, learning to giving medications
3. Their family
4. Their friends
5. The VSO - learning about diabetes, identifying secondary conditions, and how to approach sensitive topics including ED and Bladder control



Every Blue Moon:

There are veterans out there that have been diagnosed with late onset of Type 1 diabetes. Usually brought on due to a stressful event, i.e. Basic Training! The same secondary conditions are applied here as well.

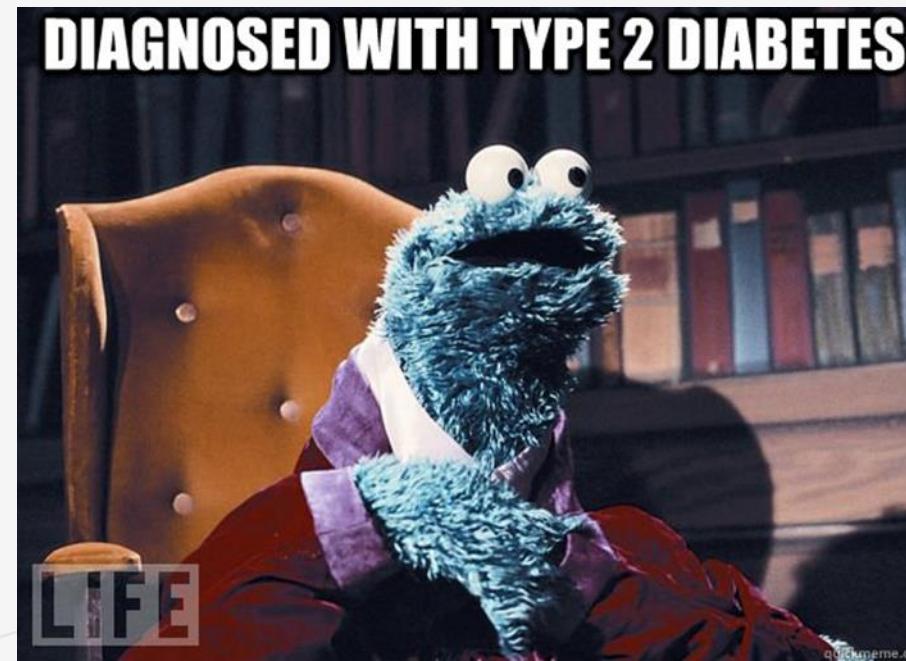
Just Remember!



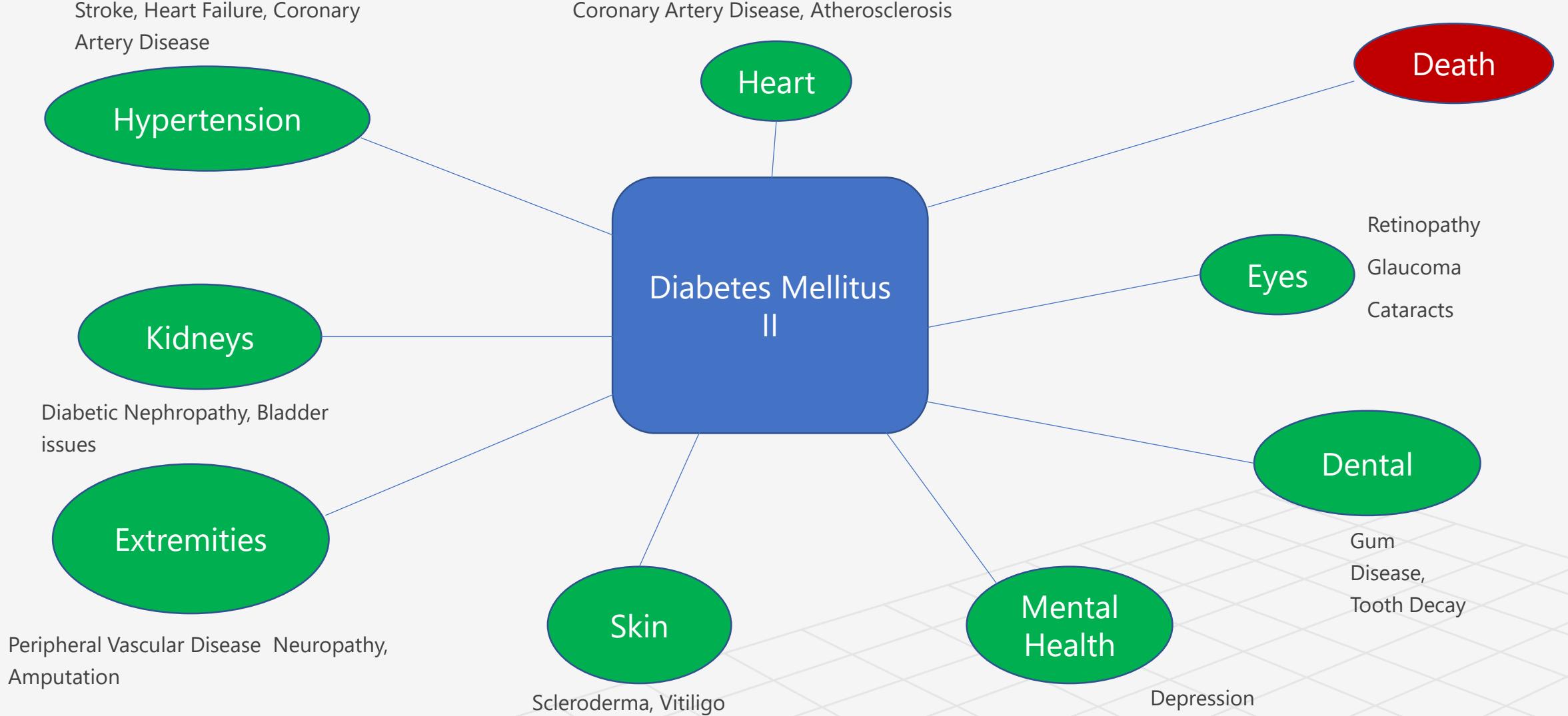
Not all diabetics look the same

How does Diabetes affect our bodies?

Please see white board for head to toe conditions



Secondary Conditions

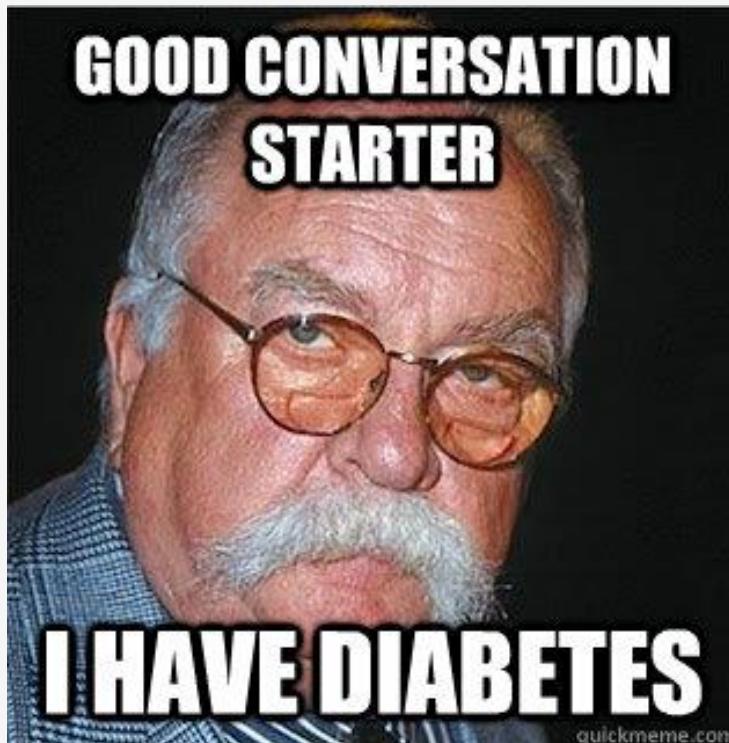


Lesser known conditions

- Hepatitis B – This can occur if the veteran has ever shared diabetes care supplies like blood glucose meters, lancets, or inulin pens
- Gastroparesis – is a disorder affecting people with both Type 1 & Type 2 in which the stomach takes too long to empty its contents. The vagus nerve controls the movement of food through the digestive tract. If the vagus nerve is damaged or stops working, the muscles of the stomach and intestines do not work normally, and the movement of food is slowed or stopped. Just like neuropathy, diabetes can damage the vagus nerve if blood glucose levels remain high over a long period of time.
- Frozen Shoulder – other wise known as Adhesive capsulitis. This condition can render your shoulder so stiff, it's almost impossible to button your shirt. It is known to effect 10-20% of people with diabetes and more likely women than men.

*For these conditions you need a very strong nexus statement!

What a claim could look like.....



- A. Medical records or DBQ's and/or a Nexus statement
- B. Completed 21-526ez
- C. 21-4138 = I encourage all my veterans to write their own statement to the VA, addressing the 5 "W's" Who, What, When, Where, and Why.

Signs and Symptoms of Low Blood Glucose (happen quickly)

Each person's reaction to low blood glucose is different. From mild to more severe, signs and symptoms of low blood glucose include:

- Feeling shaky
- Being nervous or anxious
- Sweating, chills and clamminess
- Irritability or impatience
- Confusion
- Fast heartbeat
- Feeling lightheaded or dizzy
- Hunger
- Nausea
- Color draining from the skin (pallor)
- Feeling Sleepy
- Feeling weak or having no energy
- Blurred/impaired vision
- Tingling or numbness in the lips, tongue, or cheeks
- Headaches
- Coordination problems, clumsiness
- Nightmares or crying out during sleep
- Seizures

If you notice the Veteran having any of the listed signs or symptoms STOP and tactfully ask if they need to test their blood sugar or need medical attention!



Take away:

- Both types of diabetes can happen.
- It is VERY likely the veteran has other conditions but may need a little coaxing to find out.
- Keep secondary conditions bookmarked in your M21 for easy access.
- When in doubt look it up, ask questions, and get a nexus statement!

