

Katie Johnson: Good morning and welcome to Apple a Day Lake Region Healthcare's health and wellness segment where we feature news and information that you can use to live a healthier life. This is Katie Johnson, your host. My guest today is Dr. Colt Edin. He is one of our internal medicine physicians and a hospitalist at Lake Region Healthcare, and he's also our featured speaker for this month's Living Well Education Series. Good morning, Dr. Edin.

Dr. Colt Edin: Good morning, Katie.

Katie Johnson: Thanks for joining us. We like to preview each month's Living Well session, and in May we are going to be talking about, "I can prevent diabetes." The focus of diabetes is one that gets a lot of attentions at certain times of the year, maybe during Diabetes Prevention Month. Why the focus on diabetes for part of this Living Well series from your perspective?

Dr. Colt Edin: Diabetes is an incredibly common problem that leads to a lot of generally preventable, unfortunate healthcare outcomes, and it's not common knowledge that often these things can be prevented with a bit of information and work.

Katie Johnson: That's exactly what this Living Well series is designed to do, provide that information that people can use to prevent this disease. Let's talk a little bit about the basics of diabetes. We hear about prediabetes, Type 1 diabetes, Type 2 diabetes. What's the difference between all those?

Dr. Colt Edin: Prediabetes essentially means that a person is at high risk for diabetes. It doesn't mean that they'll necessarily become diabetic, but they're at high risk to do so. Maybe one in three to one in five adults over 50 actually are prediabetic, technically, which is a remarkable thing. Type 2 diabetes is a scenario in which the pancreas still makes insulin, but the body, for various reasons, has become resistant to the message that the insulin is telling it to take up the blood sugar that's floating around. Type 1 diabetes often starts in younger people, before age 20. Although, it can happen later. That's an autoimmune attack against the pancreas where it stops making insulin altogether. Those people, they need to be on insulin from the very get-go, often at very low doses. Otherwise, before insulin was discovered, those people, they died. Blessedly, that's not the case anymore.

Katie Johnson: Right. People with Type 1 diabetes, if I'm hearing you correctly, have less they can do to prevent the onset of the disease.

Dr. Colt Edin: That's right. There's all sorts of hypotheses out there about what exactly causes it, but as far as being a preventable illness, there's nothing known to prevent the Type 1 diabetes, at this time.

Katie Johnson: When we think about this program on Monday night in our Living Well series, is there a particular audience that you would really encourage to attend this session?

Dr. Colt Edin: Really, anybody with curiosity. If you're wondering what are some of the warning signs, or some prevention steps, or bits of advice regarding prediabetes, what is it? What you can do about it? Then feel free to come over, it should be an enjoyable and good evening with a bit of learning.

Katie Johnson: I think that's a great way to put that. Anyone with curiosity. That's what we've really stressed throughout the whole Living Well series, that just because a topic maybe doesn't affect you personally, or you don't think you are necessarily at risk, you probably know someone, or could benefit from learning about some of these different health topics that cover the broad range of health and wellness. You mentioned prevention tips. What are some other things that people who attend on Monday night might expect to hear or learn?

Dr. Colt Edin: They can expect to hear and learn about a few tools in this community that are available to them, or to people that they know who may be at risk for diabetes, and a bit more information about what is prediabetes, or high risk for diabetes?

Katie Johnson: Sure. I know that I've heard that there are a few patients who have had some success with some of those programs that we're offering. I think one of them is even going to speak on Monday night.

Dr. Colt Edin: Indeed.

Katie Johnson: What are you seeing for success stories?

Dr. Colt Edin: One of my favorite things to see and hear, when working with the patient, is where they've made a few lifestyle changes along the way with a bit of information and some good evidence behind it can prevent some bad things in the future. By what they've learned and seeing the changes they've made, to see them do that, it's a wonderful thing.

Katie Johnson: I bet that it's like anything, with exercise, with setting goals for whatever it might be, seeing results is so rewarding and hearing those firsthand from patients, it has to be one of the best parts of your job.

Dr. Colt Edin: Yes. Working with those patients, those people over time and knowing what could, or would have happened if they hadn't made those changes and then seeing them in a better spot is wonderful.

Katie Johnson: As I've mentioned, the Living Well series is a monthly session. This month's session is coming up this Monday night, May 15th. It starts at 5:30 in the clinic lobby, that's right at 111 West Vernon Avenue. A little bit of a healthy meal will start at 5:30 with our speaker, Dr. Edin and patient testimonial from Mary Bressler getting underway shortly before six o'clock, and then we'll have you wrapped up and onto the rest of the evening's festivities, or activities you might have on your calendar by seven o'clock.

If you would like more information, we have lots of if posted on our website under our calendar of events. You can also call to our Living Well RSVP line at 736-8699, or send us an email at livingwell@lrhc.org. Before we wrap up, Dr. Edin, do you have any other comments or advice for listeners who might be concerned about themselves, or loved ones who have diabetes, or think they might be at risk for diabetes?

Dr. Colt Edin: Encourage them to have it checked out with their doc. If there's some concern about it, it's a really easy lab test to check.

Katie Johnson: Oh, great.

Dr. Colt Edin: There can be and will be good information to follow.

Katie Johnson: We certainly hope to see many of you Monday night, again. The last in this year's series of Living Well events, the third Monday of each month. We've been offering this from September through May. We'll take a little break for summer and be back again for the fall. I hope to see you for this last chance in the 2016/2017 Living Well series, Monday night, May 15th, 5:30 in the clinic lobby.

As always, Dr. Edin, great to have you on the program this morning. Thanks for taking time, and we look forward to hearing you speak on diabetes this Monday night.

Dr. Colt Edin: Absolutely, thank you for the opportunity.

Katie Johnson: Dr. Colt Edin and Katie Johnson at Apple a Day, reminding you there is so much to do here. Stay healthy for it. Have a great day.