

DIABETES CARE

WHAT IS TYPE 1 DIABETES?

With Type 1 diabetes the pancreas produces little to no insulin. Type 1 generally occurs at a younger age but it can occur at any age. About 5% of individuals with diabetes have Type 1 diabetes.

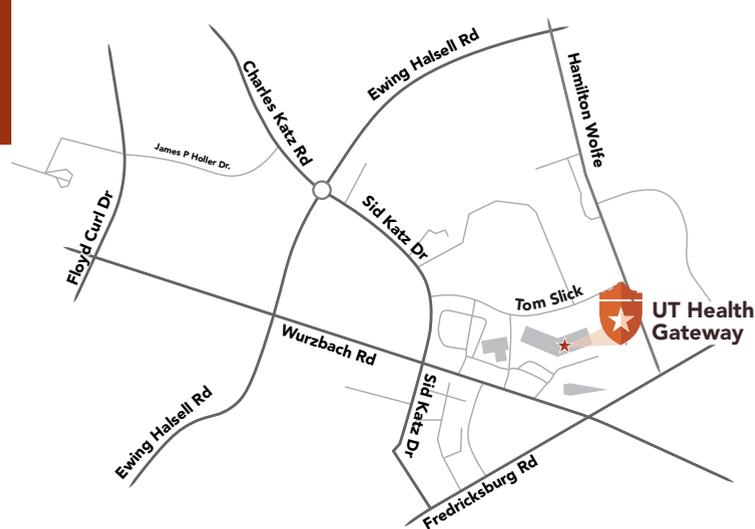
WHAT IS TYPE 2 DIABETES?

With Type 2 diabetes, the pancreas is not producing adequate insulin or insulin is not working correctly. About 95% of individuals with diabetes have Type 2 diabetes.

Diabetes is the leading cause of heart disease, kidney disease, blindness and amputation in the world. Your risk of cardiovascular disease is two to four times higher if you have diabetes. About two out of every three patients with diabetes will die of heart disease.

SERVICES PROVIDED

- » Advanced diabetes care.
- » Advanced technology and pump care.
- » Diabetes prevention (prediabetes) and cardiovascular risk reduction.
- » Metabolic health and lipid care.
- » Transplant endocrinology.
- » General endocrinology.
- » Individual medical nutritional therapy.
- » Nutrition group classes.
- » Diabetes self-management program (accredited by the American Diabetes Association).
- » Sports nutrition counseling.



Diabetes, Obesity and Metabolic Health

UT HEALTH GATEWAY

8435 Wurzbach Road, San Antonio, TX 78229

PHONE 210-450-9050 | FAX 210-450-2103



FOR MORE INFORMATION, VISIT OUR WEBSITE

UTHealthCare.org/DiabetesCare

Most insurance, including Medicare and Medicaid is accepted.



Diabetes, Obesity and Metabolic Health





We are here to help every patient achieve and maintain a healthy weight and prevent the complications of diabetes.



OUR TEAM

Our team specializes in the treatment and prevention of obesity and metabolic disease. Our team includes board-certified endocrinologists, registered dietitians (RDs), diabetes educators and specialized nurse practitioners (NPs).

To provide the best, highly integrated and holistic care of our patients, we partner with medical specialists from primary care, bariatric surgery, cardiology, nephrology, ophthalmology, podiatry, wound care, dermatology, urology, physical therapy and others.

OUR GOAL

To provide an advanced, comprehensive weight management program that is individualized for every patient and proven to decrease the appearance or progression of complications associated with obesity.

WHAT IS OBESITY?

Having a healthy weight can mean many things to many people. Traditionally, having obesity is having a body mass index (BMI) of 30 or greater.

Over time, people with obesity have an increased risk of developing other serious medical conditions.

Our program is committed to helping you achieve and maintain a healthy weight while addressing other medical conditions commonly associated with obesity, such as:

- » Type 2 diabetes.
- » Hypertension/High blood pressure.
- » Sleep apnea.
- » Polycystic ovarian disease (PCOS).
- » Fatty liver disease.
- » Cardiovascular disease including strokes and heart attacks.
- » Multiple forms of cancer including breast and pancreas.

FACTORS CONTRIBUTING TO OBESITY:



Genetics.



Types and amounts of food and drinks consumed.



Level of physical activity.



Degree of time spent watching TV, engaging with a computer, or talking and texting on the phone.



Sleep habits.



Medical conditions or medicines.



Where and how people live, including their access to and ability to afford healthy foods and safe places to be active.