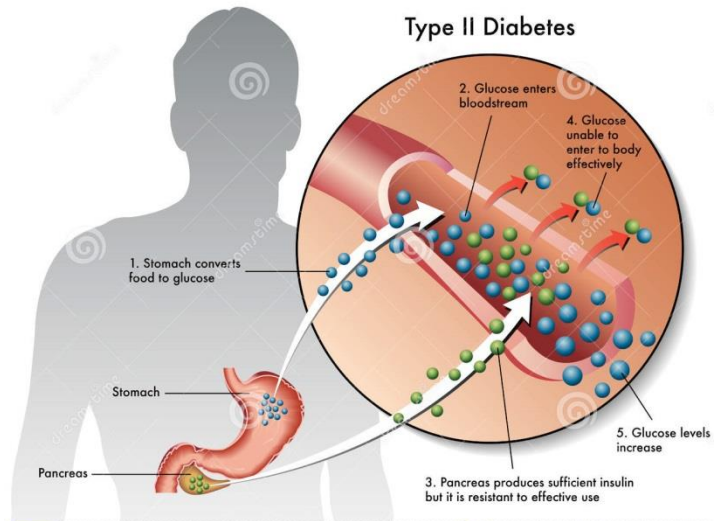


# Diabetes, Depression and Anxiety Cycle

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## What Is Diabetes?

Your body ability to regulate sugar is decreasing,

# Diabetes

- Most of the food we eat is turned into glucose, or sugar, for our bodies to use for energy.
- The pancreas, an organ that lies near the stomach, makes a hormone called insulin to help glucose get into the cells of our bodies.
- When you have diabetes, your body either doesn't make enough insulin or can't use its own insulin as well as it should.
- This causes sugars to build up in the blood.

# CAUSES

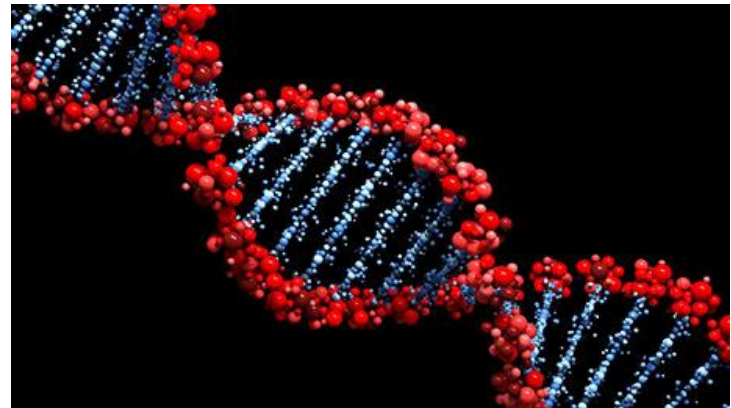


## What Causes Diabetes?

Several possibilities

# What Causes Diabetes?

Diabetes causes vary depending on your genetic makeup, family history, ethnicity, health and environmental factors.



# Cause of Diabetes

## Type 1

The **immune system** destroying the cells in the pancreas that make insulin. This causes diabetes by leaving the body without enough insulin to function normally. This is called an autoimmune reaction, or autoimmune cause, because the body is attacking itself.

## Triggers

- Viral or bacterial infection
- Chemical toxins within food
- Unidentified component causing autoimmune reaction

# Cause of Diabetes

## Type 2 Causes

Usually multifactorial - more than one diabetes cause is involved. Often, the most overwhelming factor is a family history.

## Risk Factors

- Obesity
- Living a sedentary lifestyle
- Increasing age
- Bad diet

# Cause of Diabetes

## Gestational

Diabetes in pregnancy also known as gestational diabetes remain unknown

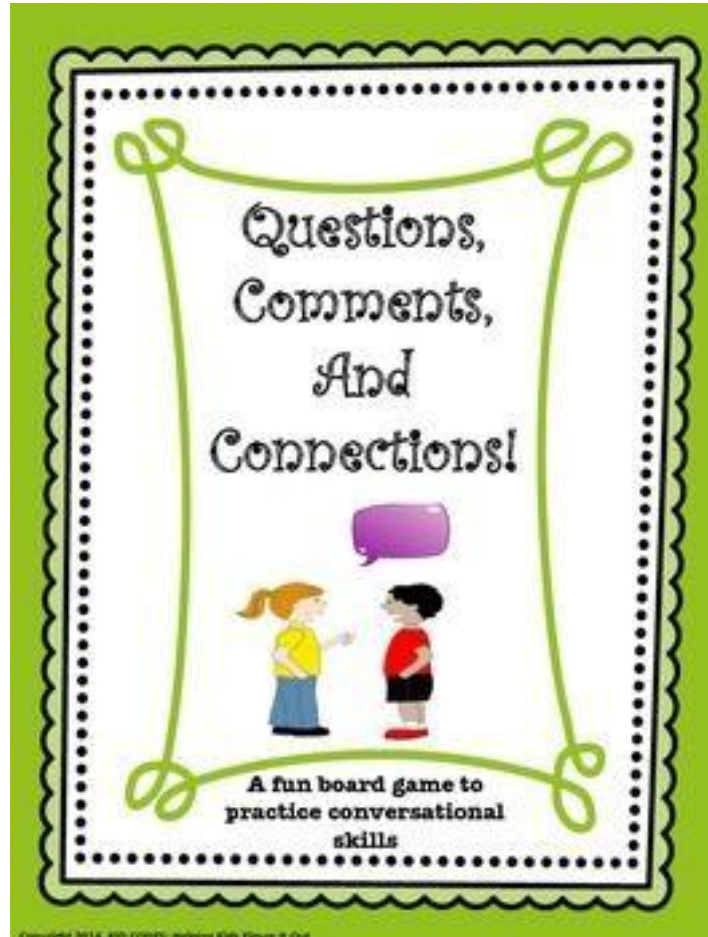
## Risk Factors

- Family history of gestational diabetes
- Overweight or obese
- Suffer from polycystic ovary syndrome
- Have had a large baby weighing over 9lb



# Other Diabetes Causes

- Pancreatitis or pancreatectomy as a cause of diabetes. Pancreatitis is known to increase the risk of developing diabetes, as is a pancreatectomy.
- Polycystic Ovary Syndrome (PCOS). One of the root causes of PCOS is obesity-linked insulin resistance, which may also increase the risk of pre-diabetes and type 2 diabetes.
- Cushing's syndrome. This syndrome increases production of the cortisol hormone, which serves to increased blood glucose levels. An over-abundance of cortisol can cause diabetes.
- Glucagonoma. Patients with glucagonoma may experience diabetes because of a lack of equilibrium between levels of insulin production and glucagon production.
- Steroid induced diabetes (steroid diabetes) is a rare form of diabetes that occurs due to prolonged use of glucocorticoid therapy
- Some prescription medications associated with weight gain



## What's on your mind?

Time to share your thoughts and to further explore your specific questions.

# Depression and Diabetes

Diabetes can cause complications and health problems that may worsen symptoms of depression, which can lead to poor lifestyle decisions, such as unhealthy eating, less exercise, smoking and weight gain — all of which are risk factors for diabetes.



# How are they related?

- The rigors of managing diabetes can be stressful and lead to symptoms of depression.
- Diabetes can cause complications and health problems that may worsen symptoms of depression.
- Depression can lead to poor lifestyle decisions, such as unhealthy eating, less exercise, smoking and weight gain — all of which are risk factors for diabetes.
- Depression affects your ability to perform tasks, communicate and think clearly. This can interfere with your ability to successfully manage diabetes

# Diabetes

abnormal levels of  
norepinephrine and serotonin

high levels of cortisol  
(impairs insulin sensitivity)

loss of energy

nervousness/anxiety

suicidal thoughts

change in appetite

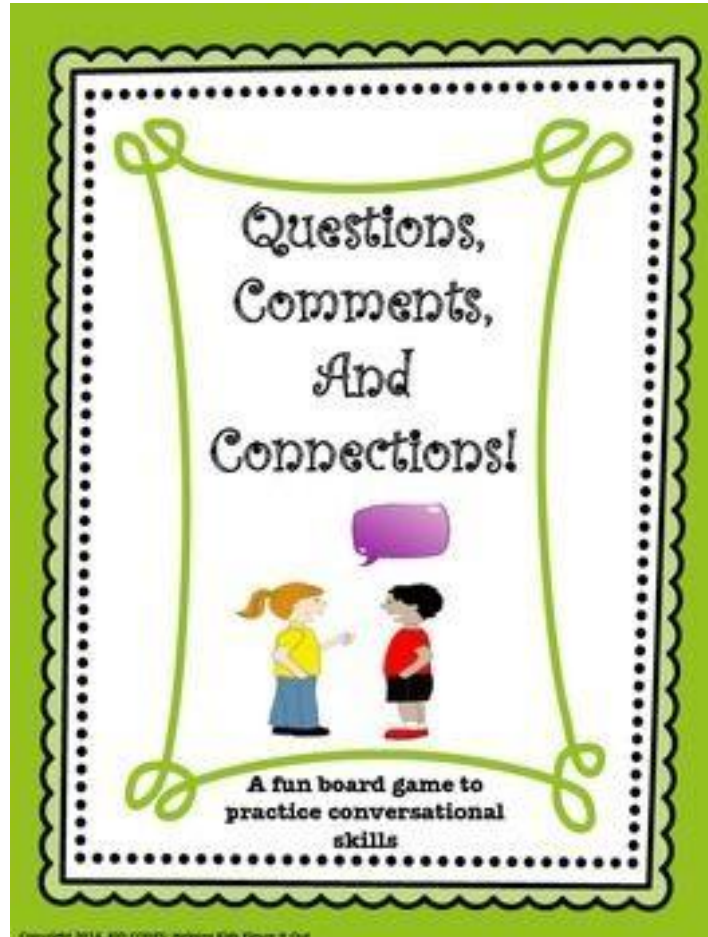
stress of daily diabetes  
management (primarily,  
daily difficulty of keeping  
blood sugar levels under control)

occasional tension between  
patient and doctor

fatigue/exhaustion exercising

difficulty making  
dietary changes

# Depression



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## What's on your mind?

Time to share your thoughts and to further explore your specific questions.

# What is Anxiety?

- While anxiety symptoms vary from person to person, in general the body reacts in a very specific way to anxiety. When you feel anxious, your body goes on high alert, looking for possible danger and activating your fight or flight responses. As a result, some common symptoms of anxiety include:



# Anxiety Symptoms

- nervousness, restlessness, or being tense
- feelings of danger, panic, or dread
- rapid heart rate
- rapid breathing, or hyperventilation
- increased or heavy sweating
- trembling or muscle twitching
- weakness and lethargy
- difficulty focusing or thinking clearly about anything other than the thing you're worried about
- insomnia



# Anxiety Symptoms Continued

- digestive or gastrointestinal problems, such as gas, constipation, or diarrhea
- a strong desire to avoid the things that trigger your anxiety
- obsessions about certain ideas, a sign of obsessive-compulsive disorder (OCD)
- performing certain behaviors over and over again
- anxiety surrounding a particular life event or experience that has occurred in the past, especially indicative of post-traumatic stress disorder (PTSD)
-

# How Does Anxiety Interact With Diabetes?

- Isolation
- Nervous eating
- Difficulty remembering
- Tension
- Inactivity
- Increased insulin
- Risk of forgetting medication; etc.
- Body shutdown

# How Do Anxiety, Depression and Diabetes Interact?

## **Can diabetes cause Anxiety Attacks**

Many of these are similar to symptoms of hypoglycemia, or low blood glucose, and they could also resemble a heart attack. ... A recent study showed that people with diabetes who have panic disorder have higher HbA1c levels (a measure of blood glucose control over time) than people who don't. Nov 29, 2006

## **Can diabetes cause Depression and Anxiety**

Poor control of diabetes can cause symptoms that look like depression. During the day, high or low blood sugar may make you feel tired or anxious. Low blood sugar levels can also lead to hunger and eating too much. If you have low blood sugar at night, it could disturb your sleep. May 14, 2014

# How Do Anxiety, Depression and Diabetes Interact?

## **Can sugar increase anxiety**

The Standard American Diet, which is full of sugar and fat, does not necessarily cause anxiety but it does appear to worsen anxiety symptoms and impair the body's ability to cope with stress. Individuals who suffer from panic attacks, for example, are hyper-alert to signs of impending danger. Sep 3, 2013

## **Can Anxiety cause high blood sugar levels**

Illness or stress can trigger high blood sugars because hormones produced to combat illness or stress can also cause your blood sugar to rise. People who do not have diabetes can make enough extra insulin to keep their blood sugar in a normal range during times of stress and illness. Apr 3, 2013

# How Do Anxiety, Depression and Diabetes Interact?

## **Can anxiety cause your blood sugar to rise**

Stress hormones like epinephrine and cortisol kick in since one of their major functions is to raise blood sugar to help boost energy when it's needed most. Think of the fight-or-flight response. You can't fight danger when your blood sugar is low, so it rises to help meet the challenge. Dec 6, 2004

## **Can Anxiety cause diabetes**

It's normal to feel anxious or worried at times. Everyone does. ... As many as 40% of people have at least some anxiety symptoms, and fear of hypoglycemia is not uncommon in those with diabetes. Anxiety disorders in people with type 1 and 2 diabetes may be associated with poor blood sugar control

# How Do Anxiety, Depression and Diabetes Interact?

## Can type 2 diabetes be caused by stress

- Type 2 diabetes develops most often in middle-aged and older adults but can appear in young people. X, mental stress often raises blood glucose levels. Physical stress, such as illness or injury, causes higher blood glucose levels in people with either type of diabetes. ... If so, stress may affect your glucose control. Dec 6, 2013

## Can diabetes cause anger

- Frustration and anger are often experienced by people who deal with chronic illnesses like diabetes. Fluctuating blood glucose levels can also contribute to mood swings and cause people to exhibit angry behavior. Aug 18, 2016

# How Do Anxiety, Depression and Diabetes Interact?

## Can depression cause diabetes

Depression and Diabetes Risk. People who are depressed have elevated levels of stress hormones such as cortisol, which can lead to problems with glucose or blood sugar metabolism, increased insulin resistance, and the accumulation of belly fat; all diabetes risk factors, he says. Nov 23, 2010

## What foods trigger anxiety?

A deficiency in B vitamins such as folic acid and B12 can trigger depression in some people. You can take a vitamin B supplement or eat foods that are rich in B vitamins to ward off anxiety. These include beef, pork, chicken, leafy greens, legumes, oranges and other citrus fruits, rice, nuts and eggs.

# How Do Anxiety, Depression and Diabetes Interact?

## What foods make you calm?

- Asparagus. Depression has been linked to low levels of folic acid, and one vegetable that boosts this mood-enhancing nutrient is asparagus. ...
- Avocado. We need B vitamins for healthy nerves and brain cells, and feelings of anxiety may be rooted in a B vitamin deficiency. ...
- Blueberries. ...
- Milk. ...
- Almonds. ...
- Oranges. ...
- Salmon. ...
- Spinach.

## What foods combat stress?

- Green Leafy Vegetables. Dark leafy greens like spinach are rich in folate, which helps your body produce mood-regulating neurotransmitters, including serotonin and dopamine. ...
- Organic Turkey Breast. ...
- Fermented Foods. ...
- Wild-Caught Alaskan Salmon. ...
- Blueberries. ...
- Pistachios. ...
- Dark Chocolate. ...
- Sunshine.



# How Do Anxiety, Depression and Diabetes Interact?

## What foods reduce stress?

- Tea. Calm frazzled nerves with a soothing cup of your favorite tea blend.
- Swiss Chard. The magnesium in Swiss chard and other leafy veggies helps balance the body's stress hormone, cortisol.
- Fatty Fish. ...
- Whole-Wheat Pretzels. ...
- Carrots. ...
- Milk. ...
- Yogurt. ...
- Nuts.

## What foods can cause stress?

- Caffeine. I can't live without my morning cup of Joe, but sipping caffeinated drinks all day long or drinking more than your body is used to can cause your stress to simmer. ...
- Alcohol. ...
- Refined Sugar. ...
- High-Sodium Foods.

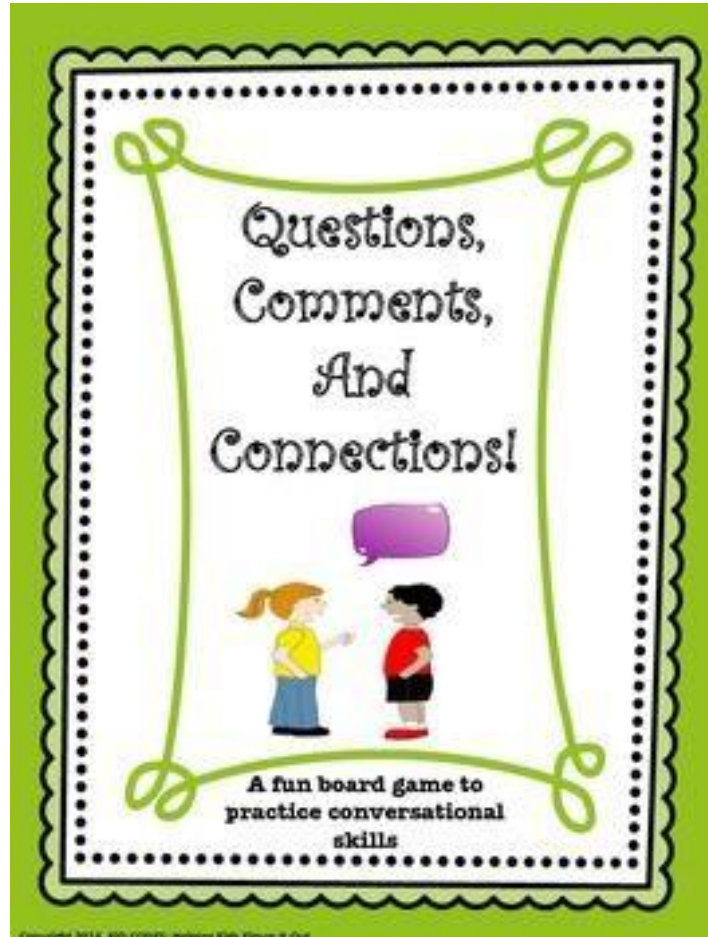
# How Do Anxiety, Depression and Diabetes Interact?

## How does sleep reduce stress?

At the same time, getting a good night's sleep can help reduce the effects of stress. ... "Sleep can definitely reduce levels of stress," she says. "With that, people can have better control of their blood pressure. It's also believed that sleep affects cholesterol levels, which plays a significant role in heart disease." Jul 16, 2013

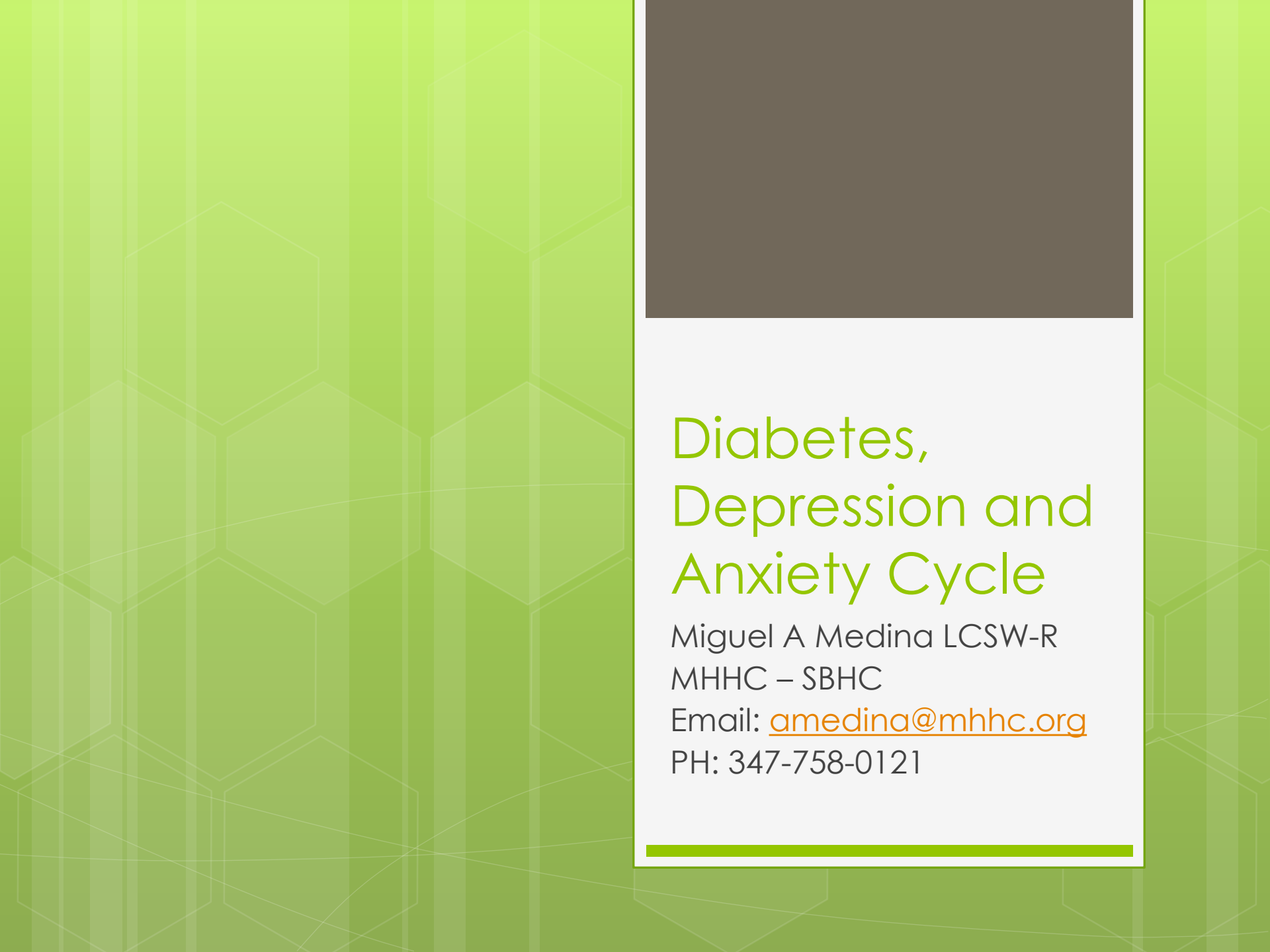
## How does exercise manage stress?

Exercise increases your overall health and your sense of well-being, which puts more pep in your step every day. But exercise also has some direct stress-busting benefits. It pumps up your endorphins. Physical activity helps bump up the production of your brain's feel-good neurotransmitters, called endorphins. Apr 16, 2015



## What's on your mind?

Time to share your thoughts and to further explore your specific questions.



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