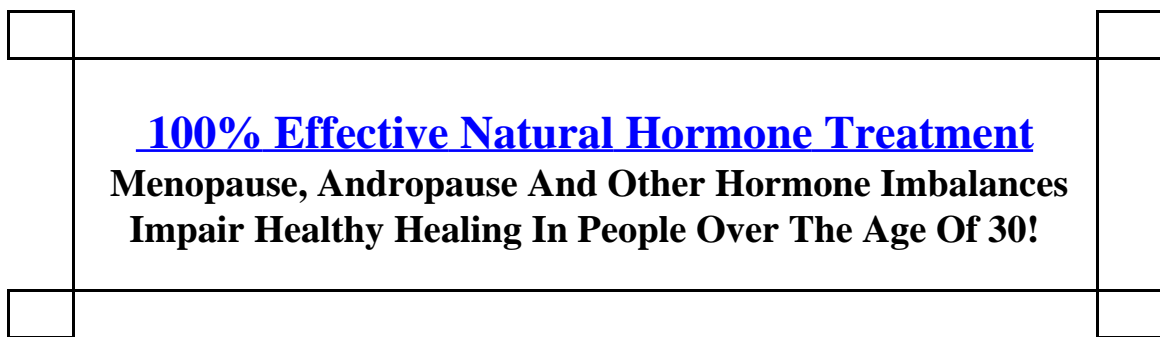


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Diabetes In The Workplace

By Dennis Driscoll

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Type 2 or adult diabetes is one of the fastest growing diseases today and if left untreated can affect long term health, family life and even your work place.

Diabetes often goes undiagnosed because many of its symptoms seem so harmless. Recent studies indicate that the early detection, understanding its symptoms and treatment can decrease the chance of developing the complications of diabetes.

Listed below are just some of the symptoms and we'll talk about how they can affect the worker.

- Frequent Urination
- Excessive Thirst
- Extreme hunger
- Unusual Weight Loss
- Increased Fatigue
- Irritability
- Depression

I don't feel it is necessary to go into detail in how the first 4 subjects can affect you in the work environment, but I will attempt to explain how diabetes causes the first 4 of these symptoms.

As the excessive amounts of sugar are absorbed in your bloodstream your body cannot produce enough insulin to process the sugar. Your body rejects the excessive amount of sugar through frequent urination thus causing dehydration. Many people begin to show signs of weight loss, dry mouth, and

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hunger. This triggers your brain to drink and eat more which snowballs the disease to worsen.

Fatigue:

Before I was diagnosed with diabetes the symptom that I first noticed was I was tired all the time. I found that getting good nights sleep was a new oxymoron to add to my ever growing list. Nightly I would wake up hourly to urinate and never really falling back into a deep sleep. I dreaded the mornings, getting up out of bed for work was a chore I felt tired, and unmotivated. Life sucked!

After dragging my ass to work, by the end of the day I was completely exhausted. Forget about all the additional projects I had planned for the day. Simply cutting the grass took so much energy I felt like I ran marathon. Feeling depressed I found myself asking. Why was it that so many friends were able to work all day? Find a way to make extra money? And still be able to complete a few simple household

chores? I finally decided to take action.

Life is slowly turning around, my energy is coming back and once again I feel life is worth pursuing.

If you are experiencing any of these symptoms, please make an appointment to see your doctor for a checkup.

For many more good articles on diabetes here are some good resources to check out.

American Diabetes Association

Here is a story of Bill McRae and how he deals with his son's diabetes

I am just a father of an interesting and challenging young man named Alex. Alexander is a Diabetic and has other health concerns. I hope the information I share will be a benefit to your family. Read complete story and how this may help you here.

Bill McRea

Dennis M Driscoll

<http://get-rich-schemes.blogspot.com/>

12/20/2005

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Dennis Driscoll lives in Northern Michigan, operates a website devoted to those interested in learning to work from home and avoid get rich schemes.

Diabetes Awareness: Diabetes on the Job

By David Anderson

Diabetes Awareness: Diabetes on the Job by David Anderson

When you go to work, your diabetes goes with you.

You get up, get showered, get breakfast, get to work. You have bills, therefore you have a job.

But you also have diabetes. You have to care for your diabetes while you're at work. Here are 10 tips for merging your diabetes care with your career.

1. Wear medical identification jewelry

– If you ever need medical assistance at work, the emergency medical personnel will know you have diabetes.

2. Decide who to tell

– All things being equal, it might be in your best interest to let a few trusted co-workers or your boss know. Just for your own safety.

3. Give your co-workers a chance

– Don't just assume that your boss won't accommodate you, or that your co-workers won't be helpful. Give them a chance to grasp what diabetes is and understand how they can help you, particularly if you've been diagnosed since starting your current job. Diabetes may be as new to them as it is to you.

4. Get it in writing

– If necessary, get a doctor's note. It may help to get a medical statement from your doctor saying what your diabetes care needs are. Present it to your company nurse or human resources department, and make sure your supervisor gets a copy.

5. Be your own advocate

– Your local hospital or diabetes center may offer programs through which diabetes educators can come to your workplace and explain to your human resources department, supervisors, or co-workers what diabetes is and how they can make the workplace more diabetes-friendly. See if your employer is willing to host such a program.

6. Don't abuse the system

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– Unfortunately, there are people who claim extensive health challenges and reap disability benefits

their situation may not warrant. That makes it harder for everyone. It's best to save sick days and disability pay for when you really need them.

7. Plan ahead

– The biggest challenge many people with diabetes face is access to meals and breaks. Have snacks readily available should you need to treat a low.

8. Take your equipment with you

– Keep your blood glucose meter and supplies where you can reach them. Don't leave blood glucose meters or insulin in the car. Extreme temperatures can affect them.

9. Watch out for stress

– Stress can wreak havoc on your blood sugars. Stress can cause either high or low blood sugar. It differs from person to person, and sometimes from situation to situation in the same person. Stress may mask symptoms of low blood sugar, or prompt completely different symptoms. Frequent monitoring is your best defense.

10. Keep good diabetes control

– The best thing you can do to remain productive is to stay healthy. Don't let your diabetes get so far out of control that you're not able to work. If you're eating well, exercising, and controlling your blood sugars, you will have a productive work life.

The payoff from a job well done is that if and when you need to take time off for your diabetes care, your boss and co-workers will remember your good track record and be that much more willing to cover for you or help you with scheduling. By communicating with your employer and taking responsibility for your care, you can incorporate your diabetes care into your work life successfully.

If you feel that your employer is not making reasonable accommodations to allow you to care for your diabetes at work, contact the Equal Employment Opportunity Commission (EEOC) at: (800) 669-4000 or (800) 669-6820 TTY.

Ask your doctor about diabetes and have your blood sugar checked several times a year.

For more information about diabetes, including a Diabetes Quiz and a Free booklet, visit our website at:

<http://hope4diabetes.com/info>

This 20 page FREE booklet will provide you with in-depth information on comprehensive diabetes care. The 7 principles, or steps, will help you to understand, manage and diagnose your potential diabetes risk.

It could help you live a longer and more active life. The booklet is Yours absolutely FREE – No Risk! Share it NOW with the people you love and want to Keep alive!

David Anderson is a freelance health/wellness writer for <http://hope4diabetes.com>. Email contact information is available on the website. For telephone contact: (316) 541-2208



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Impair Healthy Healing In People Over The Age Of 30!