

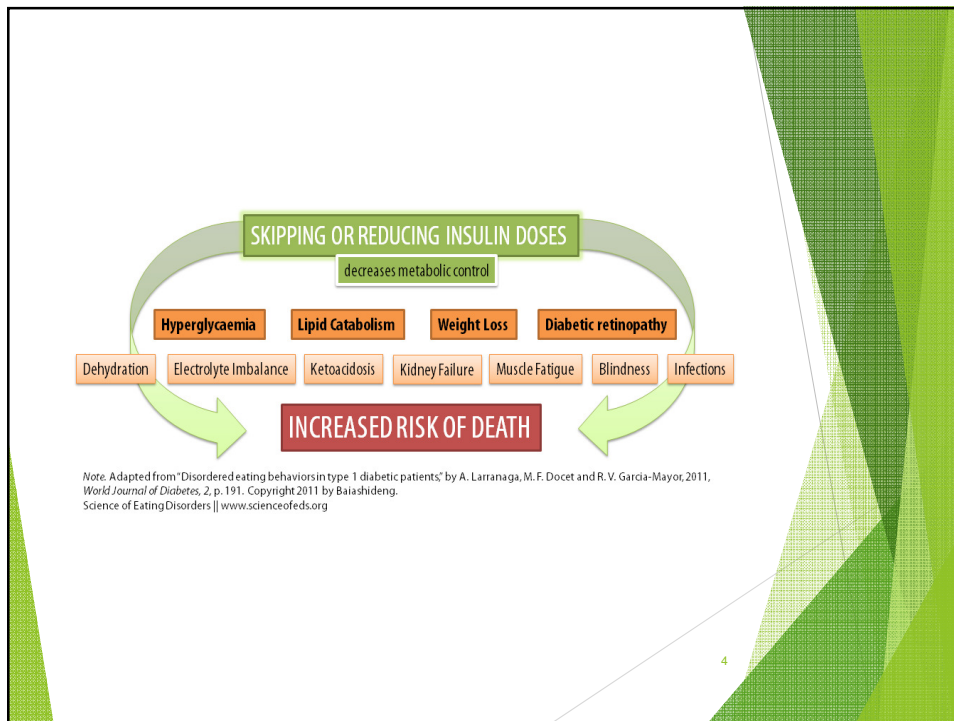
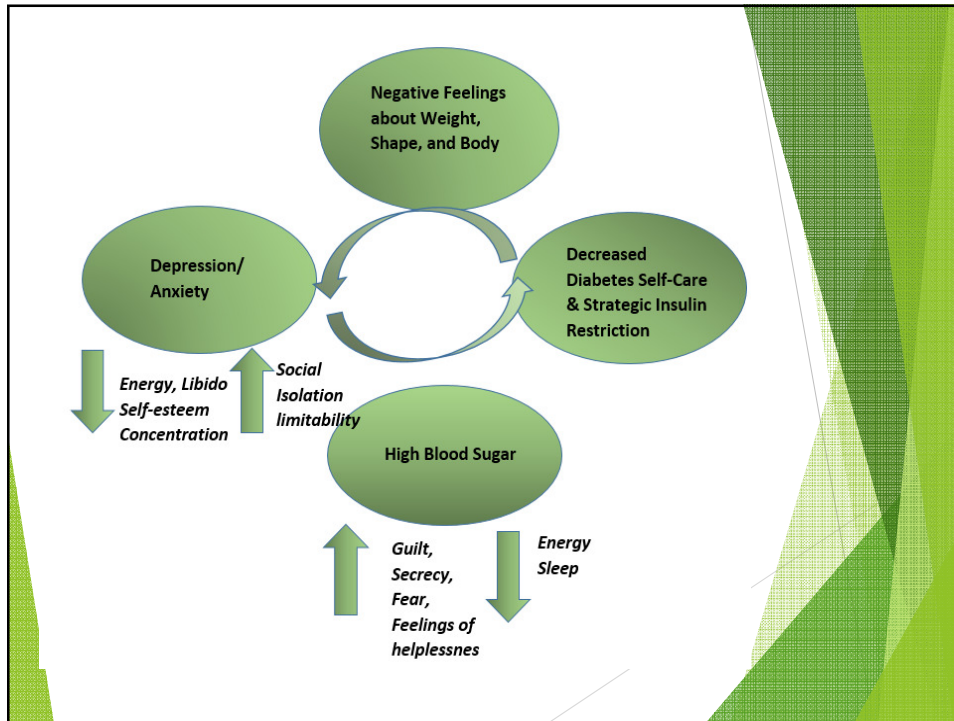
DIABULIMIA and DIABETES

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WHAT IS DIABULIMIA?

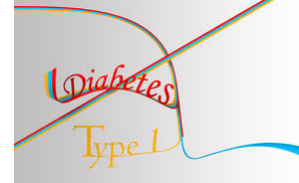
- ▶ The term “diabulimia” began to surface in 2007 among the health and public communities.
- ▶ Diabulimia is an eating disorder in which people with type 1 diabetes deliberately give themselves less insulin than they need.
- ▶ Reducing or omitting insulin at least twice a week in a three month period is thought to diabulimia.
- ▶ There is still no official definition of how frequent and duration of insulin omission
- ▶ This is one of the criteria of bulimia nervosa per DSM IV ²





Who's at Risk?

- ▶ Preteen and teenage girls who are generally preoccupied with their appearance
- ▶ Those with type 1 diabetes are even more so and, therefore, have a greater risk of developing diabulimia
- ▶ The American Diabetes Association (ADA) states that women with diabetes are nearly three times more likely to develop an eating disorder than women without diabetes.



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Prevalence of Diabulimia

- ▶ Studies have shown that up to 30% of adolescents with type 1 diabetes skip or restrict insulin to lose weight.
- ▶ These individuals tend to have poorly controlled diabetes, with a higher risk of developing microvascular and macro vascular complications, such as heart disease, stroke, neuropathy, retinopathy, and nephropathy.
- ▶ They have three times the mortality risk compared with those who don't restrict insulin and are estimated to have a 13-year-shorter life expectancy.
- ▶ The practice of withholding insulin has been seen in girls as young as 13 and in women as old as 60.2



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Health Consequences

- ▶ No matter the age, diabulimia can have devastating and permanent effects on the body.
- ▶ Short-term consequences include dehydration, frequent urination and glucosuria, insatiable thirst, increased appetite, high blood glucose levels, fatigue, decreased concentration, electrolyte imbalance, and weight loss.
- ▶ Long-term consequences include heart attack, stroke, retinopathy, nephropathy, neuropathy, gastro paresis, vascular disease, gum disease, and infertility.
- ▶ There's also the possibility of death.



Signs and Symptoms of Diabulimia

- ▶ • Hyperglycemia
- ▶ • A hemoglobin A1c value much higher than would be expected, given recorded blood glucose values
- ▶ • Changes in eating habits (eating more but still losing weight)
- ▶ • Dramatic shifts in weight
- ▶ • Low energy
- ▶ • Unusual food patterns
- ▶ • Bingeing on carbohydrates and sweets
- ▶ • Obsession with food and body image
- ▶ • Anxiety about weight or avoidance of being weighed
- ▶ • Delay in puberty or sexual maturation
- ▶ • Irregular or no menses

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Signs and Symptoms of Diabulimia Cont

- ▶ • Severe family stress
- ▶ • Frequent hospitalizations for diabetic ketoacidosis
- ▶ • Preoccupation with label reading beyond typical diabetes care
- ▶ • Excessive exercise
- ▶ • Hiding food
- ▶ • Smell of ketones on the breath and in urine
- ▶ • Frequent urination (eg, using the restroom during a counseling session)
- ▶ • Physical signs of malnutrition (eg, hair loss, dry skin)

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Treatment for Diabulimia

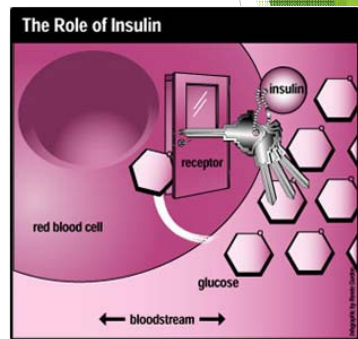
Common psychological Treatments

- ▶ **Cognitive Behavioral Therapy (CBT):** Emphasizes the thinking, and the actions of reintroducing of regular eating, weight concerns and treating body image concerns.
- ▶ **Dialectic Behavior Therapy (DBT):** is a treatment that combines CBT and emotional regulation. it is often done in a group setting.
- ▶ **Family-Based Therapy (FBT):** enlists the family as a resource to help their child through behavioral management of symptoms. Can be especially helpful treatment for children and adolescents with diabulimia.

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Understanding Diabetes

- ▶ Insulin: The role insulin plays in the body is an important and complex one.
- ▶ Carbohydrates are used as energy once insulin opens the cell door.
- ▶ Without insulin, there is no energy. Therefore, the body finds new, creative ways to survive.



Controlling Diabetes

- ▶ Tight diabetes control requires constant monitoring, planning, and scheduling.
- ▶ A day in the life of a person with diabetes is not easy.
- ▶ Things to consider when managing diabetes successfully: stress, activity, illness, excitement, schedules, alcohol, meals, snacks, low supplies, insulin injections, pump site changes, pattern management, etc.

Diabetes and Depression



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Q & A



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