
Polis

7:12pm Oct 15, 2014

1

I have seen the stage of Denial. Its a very delicate stage that every person with diabetes is dealing with. Denial comes from the fact that the person thinks that he/she cant do things like the other persons can, or is a result of the question: why me? The Denial leads the person to do unwise choices that will result an impact,mostly negative,in persons health. In my opinion to deal with Denial, we must explain to the new-diagnosed person what is diabetes,surround the person with a possitive empowerment enviroment and mostly to not judge them about their choices,but make them think about that.

nebmullac88

7:38pm Oct 15, 2014

2

I have recently completed an ethographic study of lay beliefs and care behaviours among diabetics from a Caribbean perspective and findings suggest that they believe that psychological factors such as worry, anxiety and depression are causative factors for the onset of diabetes. I think it's important to consider the cultural aspects with regards to diabetes as this is important in care management. More qualitative research from a cultural perspective would be useful when considering the emotional aspects of diabetes.

Fabiola Spagnuolo

8:52pm Oct 15, 2014

3

Hi everybody! Hi Marili! My diagnosis has been really shocking for me just because of the way the "professional" used to give me the news. I was trying to get pregnant, and went to a fertility specialist at Churruca Hospital. She ask me to do some labs, and when I got the results I had a positive pregnancy test. I was top of the world by the time, I had reached what I wanted so much, but the doctor saw the lab results, and left me alone in her consulting room for more than 15 minutes. When she came back, she started yelling at me, telling me that I was absolutely out of my mind because I had got pregnant being diabetic and with an absolute lack of metabolic control... I couldn't understand what she was saying at all... Nobody ever told me before that I had diabetes, and my previous lab was from two years ago. She went on, telling in a threatening manner that "if this baby can make it though pregnacy, if you don't have a miscarriage, I can't imagine the kind of malformation this baby could have!!!" She never believed, although I told her again and again that I didn't knew that I had diabetes. So I didn't have time to think about me and my diabetes, I could only

think about my baby... Fortunately, my beautiful daughter has a mild pulmonary stenosis, that needs nothing but a yearly visit to her cardiologist. I was so busy feeling guilty about the whole situation, that all the feelings that I see people has about having diabetes got packed in the same box. When my daughter was born, and she were a almost healthy baby, I never asked "Oh! No! Diabetes? Why me?" I felt so blessed, that my diabetes became a part of my life really soon. I believe that all the educational meetings I went during my pregnancy and ever after, had a great incidence on creating an awareness on me, and have been helping me since then and hope will do the job forever or as long as it take to scientists to find a cure!!! Right now, helping others to deal with their diabetes helps me to deal with my own one. Good therapy! I truly recommend it!!!

Mette Due-Chris...

5:17am Oct 16, 2014

4

Thank you, Dr. Ruiz for bringing this interesting and important issue up. Currently I am undertaking a qualitative study exploring the impact of a diagnosis of type 1 diabetes in adults. I look forward to following the debate in this forum as I am sure there will be interesting issues and comments.

mariliruiz

1:10am Oct 20, 2014

5

Thanks a lot for the discussion! it is very interesting what you have contributed about the stages For example, what Polis says about denial, something that is very different in people living with type 1 diabetes, type 2 diabetes and latent autoimmune diabetes in adults (LADA) Also, Fabiola shares her experience about "What I wish my doctor had told me when I was diagnosed..." A person's first exchange and subsequent early consultations often impact what occurs in the following days, months and even years. The diabetes diagnosis can cause a grieving for the lost health, in the same way as the patient may grieve for a lost person. Elizabeth Kubler Ross speaks about the 5 stages of grief

Stage 1: Denial Stage 2: Anger Stage 3: Bargaining Stage 4: Depression Stage 5: Acceptance

Perhaps the person may not have experienced all of these emotions towards diabetes, or in this particular order. I think it is essential to detect these steps to help the patient....

mariliruiz

4:58pm Oct 27, 2014

6

For people with type 2 diabetes, managing their emotional health can be as important as keeping their blood sugar under control. The diagnosis can trigger feelings of stress and anxiety. Studies have shown that people with diabetes are much more likely to have an anxiety disorder or depression. They may neglect their diet, stop monitoring glucose levels, or revert to unhealthy habits. There's a high correlation between diabetes and depression. It can come in different forms and different levels of severity. Some people just get down a few days out of the week or month, others have chronic depression. It can be difficult for them just to get out of bed and function in their daily lives. So it will be very important how we manage the notice of diagnosis and how we help them to deal with it....

It can also create anxiety in that people worry about how they're going to talk about their disease to other people, and whether or not they'll understand what they have to go through.

They also worry about how diabetes will affect how long they live, they worry about complications, whether or not they'll go blind, if they'll need a limb amputated. It creates a lot of stress and worry. Even if their diabetes is under control, it's that "what if" factor.

Diabetes also has a big effect on interpersonal relationships. People who have these depression or anxiety problems and have a chronic illness tend to withdraw from others and isolate themselves. To look for the previous history in the family or how the diagnosis impact the family is important to prevent these reactions and to work with them.
