



## NEWS

### INCONTINENCE PRODUCTS DELIVERED RIGHT TO YOUR DOOR!

If you are one of millions of people who struggle with incontinence you know that running out for incontinence products or stocking them at home is anything but convenient.

Doctor Diabetic Supply now delivers directly to you a variety of incontinence products including pads and guards, underwear, briefs, bed liners, and wipes.

Our **high quality incontinence products** are an effective way to avoid the embarrassment and relieve the discomfort of urine and/or stool leakage.

**CALL TODAY FOR YOUR FREE SAMPLE!  
1-888-887-3157**

Learning About Incontinence...

#### What is Incontinence?

Incontinence is the loss of normal control of the bowel or bladder which results in involuntary release of urine (urinary incontinence) or of stool and gas (fecal or bowel incontinence).

#### What Causes Incontinence?

Incontinence results from dysfunction of muscles, nerves, or other structure of the body that controls the release of urine, stool and gas. Many conditions, such as DIABETES, can cause urinary and/or bowel incontinence.

#### Who is Affected?

Women experience incontinence twice as often as men.. Pregnancy and childbirth, menopause, and the structure of the female urinary tract account for this difference. Men older than 60 years of age have an increased risk, as well.



### MORE TIPS AND EDUCATIONAL INFORMATION FOR YOU

Education is a key element in the control of diabetes and its complications. Doctor Diabetic Supply will help you to get the information you need. You will receive more helpful tips and information on diabetes with every shipment.

**Open your box of supplies and let us help you manage your diabetes!**

## TIPS

## DIABETES CAN CAUSE COGNITIVE DYSFUNCTION

***What is Cognitive Dysfunction?***

Cognitive dysfunction is defined as difficulty with thinking, memory loss, distractibility, difficulty in multitasking, and trouble with arithmetic and language skills.

Type 2 Diabetes has been associated with an increased risk of cognitive dysfunction, particularly in the elderly. The most common mental deficits are decrease in processing speeds and decrease in memory. The cognitive dysfunction may extend to other mental processes with increasing age.

A recently published research of 1,917 elderly men and women who did not have any diagnosis of dementia confirmed that Type 2 Diabetes is associated with cognitive dysfunction<sup>1</sup>. The mental function most affected is the speed at which the brain processes information. In other words, the mind of affected people with Type 2 Diabetes works slower than the minds of people without Type 2 Diabetes. Moreover, people diagnosed with Type 2 Diabetes for 15 years or more had additional dysfunction since their ability to plan, schedule, and multi-task was also compromised.

People with Type 2 Diabetes also commonly have other associated conditions, such as depression, hypertension, heart disease, and vascular disease which can contribute to the dysfunction of mental processes. Therefore...**TAKE ACTION!**

Your primary goal should be to achieve ***Optimal Control of Your Blood Sugars*** by:

- Seeing your physicians and following their recommendations
- Self-monitoring your blood sugars regularly
- Maintaining a well-balanced diet and daily physical as well as mental activity
- Getting support from, not only a professional, but also from your family and friends

Also, you should follow some ***Tips to Keep Your Brain Working!***

- Learn more about the brain
- Make your daily tasks more stimulating
- Encourage yourself to think critically ( instead of accepting everything at face value)
- Try a computer-based brain training program
- Attend real-life stimulating social situations ( like parties, work meetings)
- Watch movies
- Play crossword puzzles and other games with your friends and family
- Like math? Keep track of your everyday shopping budget
- Learn to play an instrument

1. Saczynski JS, Jondottir MK, Garcia, ME, Jonsson PV, Peila R, Eiriksdottir G, Olafsdottir E, Harris TB, Gudnason V, Launer LJ. Cognitive impairment: an increasingly important complication of type 2 diabetes: the age, gene/environment susceptibility —Reykjavik study. American Journal of Epidemiology 2008 Nov 15; 168 (10): 1132-9.



*Keep Your  
Brain  
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Control  
Your  
Diabetes!*



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