

called insulin resistant diabetes) develops. In type 1 diabetes (also called juvenile diabetes), the pancreas makes little to zero insulin. Gestational diabetes occurs during pregnancy at 24 to 28 weeks of gestation.

Independent research groups around the world found far higher rate of type 2 diabetes among individuals who reported sleeping less than six hours a night routinely. The association remains significant even when adjusting for other contributing factors such as body weight, alcohol, smoking, age, gender, race, and caffeine use. Chronic sleep deprivation is now recognized as one of the major contributors to the escalation of type 2 diabetes throughout first-world countries.”³

Consult with your primary care physician, if you are experiencing any of these symptoms:

- Increased urination
- Increased thirst
- Unwanted weight loss
- Constant hunger
- Blurry vision

- Numbness or tingling hands or feet
- Extreme fatigue
- Very dry skin
- Sores throat that heals slowly
- Frequent infections (CDC)

So how do we connect the dots? According to Ryan Bradley, ND, MPH, “Building a deeper practice of gratitude, whether as a direct expression or simply holding gratitude as a state of being, has positive health implications related directly to diabetes, including mood, life satisfaction, sleep quality and removing barriers to improving self-care.

This Thanksgiving, try to tap back into the true intention of the holiday by taking a few extra moments to express verbally or internally your gratitude for life, your breath, and the loving relationships in your life. Spend some extra time being thankful for yourself and acknowledging you are doing the best you can with the tools you have. Focusing on the positive is a choice we make, and a skill to try hard to practice (and be grateful for) every day!⁴



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1. Diabetes Research and Action.
2. Sara Gottfried, MD “Thanksgiving: What Gratitude Does to Your Brain” November 13, 2016.
3. Matthew Walker, PhD. *Why we sleep*. New York, NY: Scribner Books, 2017.
4. Ryan Bradley, ND, MPH, “Can Gratitude Improve Health?” Diabetes in Action, November, 2014.

Please refer to these links for further information:

- <https://diabetesaction.org/article-gratitude>
<https://www.cdc.gov/diabetes/basics/symptoms.html>
<https://positivepsychology.com/neuroscience-of-gratitude/>
<http://www.saragottfriedmd.com/thanksgiving-what-gratitude-does-to-your-brain/>