Disclosure: Eliot LeBow LCSW, CDE

With respect to the following presentation, there has been no relevant (direct or indirect) financial relationship between the party listed above (and/or spouse/partner) and any for-profit company in the past 24 months which could be considered a conflict of interest.
Eliot LeBow LCSW, CDE

Mr. LeBow is a diabetes-focused psychotherapist with a private practice in New York City. He provides talk therapy, counseling, diabetes education and consultations in his office and online to people living with diabetes worldwide.

Mr. LeBow was diagnosed with diabetes in September of 1977 and he has managed it for more than 38 years.
Diabetes Distress

- Diabetes Distress is a combination of emotional burdens and worries that are related to the experience of living with and managing diabetes.
- Diabetes Distress is sometimes misdiagnosed as depression and has links to problematic glycemic control and difficulties with self-care behaviors.
- It causes frustration with diabetes management, and patients experience fears around potential complications, erratic blood glucose levels, an increase in hyper and hypoglycemic episodes.
Internal Sources

Underlying causes of Diabetes Distress for Type 1 Diabetes

- Feeling powerless around controlling diabetes
- Excessive worries about long-term complications
- Frustration with management tasks
- Fear that food constraints are controlling their life
- Poor confidence with regards to quickly identifying hypoglycemia
  - Fear of embarrassment and potential risk of life
Social Sources

Underlying causes for Type 1 Diabetes

- Negative Social Perceptions
  - Fear about being treated differently
  - Less attractive to employers
- Family and Friends
  - Over or under-involved
  - Treat as overly fragile
Physical Sources

Underlying causes for Type 1 Diabetes

- Insufficient help, support or understanding from health-care team
Type 2 Sources

Four areas of distress

- Emotional/Internal Related
  - Fear, Anger, or Powerless
- Physician/Health-Care Related
- Regimen Related
  - Medication & Diabetes Management
- Interpersonal Related
  - Family & Friends
Mini-Traumas

- Micro-traumas in your patients’ lives can be anything that is related to managing diabetes that prevents or interrupts what they are doing at that moment. Essentially, anything deviating your patient from their plan.
Diabetes Fact

It’s never as simple as $1 + 1 = 2$
Symptoms

Behavior and emotional changes to look for:

- Victim Role “Poor Me.”
- Struggling with everyday tasks and diabetes management
- Poor Blood Glucose Management
- Feelings of frustration and exhaustion
Symptoms

Behavior and emotional changes to look for:

- Blood glucose testing has reduced or stopped altogether
- Isolation with feelings of depression
- Missing Medical Appointments
- Problems with Healthcare system
Prevention

Things your patients can do to avoid or reduce distress:

1. Be Patient
   - Swim with the current

2. Avoid Impulsivity

3. Flexibility
   - Stop and change direction
Prevention

- 4. Planning Ahead
- 5. Acceptance...
  - Situation
  - Medical System
  - Health Insurance
  - Personal
Prevention

- 6. Talking To Others
  - Non-bias people
  - Avoid Isolation
- 8. Relaxation Activities
- 9. Cognitive Behavioral Therapy
Diabetes Self-Management

It’s Personal
Helpful Tips

- Judgment
- Resistance
- Labeling
- Hemoglobin A1c
- Encourage
- Motivate
Forgiveness

Allow Your Patients To Be Human
In-general

Enjoying life is critical to reducing diabetes distress.

However, if you believe your patient is suffering from diabetes distress, please refer them to Psychotherapist whose specialty is diabetes or chronic illness.
CONTACT
Here’s Where You Can Find Us

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Sessions available in the Manhattan office or via Skype

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References: