



## **Key Tips for Making Surgery and Anesthesia Safer For Patients Living with Diabetes**

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November is National Diabetes Month, and the members of the Florida Society of Anesthesiologists want you to help us make surgery and anesthesia safer for the nearly 26 million children and adults in the United States living with diabetes.

We all know that diabetes is a serious disease which, over the course of time, affects many parts of our body. Diabetes can negatively impact our quality of life and even shorten our life. Every day diabetics make tough choices to help prevent them from developing long-term complications of diabetes: they eat right, stay active and take their medications as directed. Attention to detail and management of diabetes is equally important around the time of surgery and invasive procedures. Physicians rely on their understanding of normal glucose metabolism, the disease state of diabetes with its many associated complications, and the body's response to anesthesia and surgery to keep you healthy.

Our goal: to achieve the same outcome as those in patients without diabetes.

1. If you or someone in your family is a diabetic and is having surgery or an invasive procedure, be sure to speak with your anesthesiologist about diabetes and how it can affect your health around the time of the procedure – before, during, and after.
2. Ask questions. Before your procedure, no question of yours is unimportant because even the little things, like a low-grade fever, a small change in the medications you took, or extra anxiety may factor into your treatment plan.
3. Bring in your medication list, tell your anesthesiologist about how you manage your diabetes at home, and help him/her to specifically tailor the anesthesia plan to your medical condition and your surgery.

During your procedure, you can expect your anesthesiologist to remain vigilant to the dynamic environment of surgery and its effects on your body while directing your medical care and keeping the lines of communication open with your surgeon.

After your procedure, whether in the comfort of the recovery room or the bustle of the intensive care unit, your physician is focused on minimizing your pain, managing your diabetes, and preventing any complications, especially infections.

Speak with your anesthesiologist about diabetes and help us make surgery and anesthesia safer for you and your loved ones with diabetes, not just this November, but for the rest of your life.

### **About the Florida Society of Anesthesiologists**

The Florida Society of Anesthesiologists upholds the highest standards of anesthesia care and patient advocacy by promoting research, education, and innovation. FSA's principals are rooted in the preservation of patient safety for all Floridians undergoing surgical, obstetric, or invasive procedures. For more information about the society, please visit [www.fsahq.org](http://www.fsahq.org).

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