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POST-TRAUMATIC STRESS DISORDER Factsheet

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What is diabetes?

Diabetes is a state of impaired insulin function, either as a result of reduced insulin production (type 1 diabetes) or reduced insulin responsiveness (type 2 diabetes). Insulin regulates blood glucose levels, and reduced insulin function effectively increases blood glucose levels (hyperglycaemia). This is a dangerous state in the long term, and can ultimately damage the retina, kidneys, nerves, and blood vessels. It is also an established risk factor for cardiovascular diseases including coronary heart disease, major stroke subtypes, and deaths attributable to other vascular causes. Therefore, diabetes is an important comorbidity in people with mental health problems and its prevention and treatment require attention in these populations.

What is the evidence for diabetes in people with PTSD?

Moderate quality evidence finds around 10% of people with PTSD have type 2 diabetes, which represents a small increased risk when compared to people without PTSD. People with PTSD most at risk were older people, war veterans, and non-Hispanic white people.

No reviews were identified that assessed type 1 diabetes in people with PTSD.

For more information see the technical table



NeuRA (Neuroscience Research Australia) is one of the largest independent medical and clinical research institutes in Australia and an international leader in neurological research.

Diseases of the brain and nervous system pose the greatest health, economic and social burden of any disease group because they are chronic, debilitating and have no known cures.

Medical research is the cornerstone of efforts to advance the health and wellbeing of families and the community. Our dedicated scientists are focussed on transforming their research into significant and practical benefits for all patients.

While we hope you find this information useful, it is always important to discuss any questions about PTSD and its treatment with your doctor or other health care provider.

HOW YOUR SUPPORT HELPS

We are able to make significant advances due to the generosity of countless people. Your donation allows us to continue to work towards transforming lives. For information on how you can support our research, phone **1300 888 019** or make a secure donation at neura.edu.au/donate