

## **Diabetes and Staying Healthy this Winter (*Interview Transcripts*)**

**Mohammed Khan, M.D., Family Medicine Physician, OSF HealthCare**

“If you have poorly controlled or undiagnosed diabetes and develop symptoms of something like the flu, you will have increased risk factors of severe illness. I would encourage those people to get quickly examined at an urgent care or their primary physician.” (:16)

**Mohammed Khan, M.D., Family Medicine Physician, OSF HealthCare**

“When patients have certain symptoms like more frequent urine and going to the restroom more often, losing weight, having lack of energy, having dry mouth, feeling thirsty and drinking more often, having recurrent infections like skin and urine infections – those are the things that give an idea to screen for diabetes.” (:26)

**Mohammed Khan, M.D., Family Medicine Physician, OSF HealthCare**

“People who have diabetes sometimes ignore the symptoms and think they are not affected, because it is a silent killer from inside. The body is getting destroyed from the inside and many do not notice it unless you go to regular health exams or are screened for it. And diabetes is one of the most common causes for chronic kidney disease. A lot of people who are developing kidney problems like kidney failure or needing dialysis, the root cause for that most of the time is diabetes.” (:27)

**Mohammed Khan, M.D., Family Medicine Physician, OSF HealthCare**

“With diabetes, your immune system goes down which is a risk factor. If you have diabetes, you want to make sure you are fully vaccinated and get the flu shot and are up to date on COVID vaccinations. If they are at a higher risk factor due to age and are in the age group to receive the pneumonia vaccination, we encourage get that as well.” (:21)