

## **Soundbite Transcript - COVID-19 and its Impact on Diabetes**

### **Tanya Munger, Nurse Practitioner, OSF HealthCare Endocrinology**

“Patients who have Type One or Type 2 Diabetes, they are not at a higher risk of contracting the virus, but the issue is that if the diabetes is not well managed or under control or if they have other underlying diabetes complications, they are at a higher risk for complications or death from the virus.”

### **Michele Bonzi, Patient**

“I think anyone who was chronically ill was terrified only because as other people are going around getting toilet paper, the first thing I thought about was how am I going to get insulin? Am I going to get my diabetic things because things were shutting down so there was a high level of terror.”

### **Tanya Munger, Nurse Practitioner, OSF HealthCare Endocrinology**

“If they already have underlying diabetes-related complications such as heart disease, chronic kidney disease that does have an impact. And if their blood glucose is not in a good healthy range. A good range for our patients is 70 and 180 for their blood glucose readings.”

### **Tanya Munger, Nurse Practitioner, OSF HealthCare Endocrinology**

“If you’ve had a long history of uncontrolled diabetes, yes, it can lead to cardiovascular disease, lead to chronic kidney disease, peripheral vascular disease and things of that nature.”

### **Michele Bonzi, Patient**

“Be cautious. Don’t go into large groups. Do what you feel is comfortable for you. But it’s just caution now. It’s not that you can’t live. You have to live, but you have to be careful and manage your diabetes and keep your numbers down and definitely stay in contact with your health care providers.”

### **Tanya Munger, Nurse Practitioner, OSF HealthCare Endocrinology**

“One of the things we recommend is they continue to have regular office visits with their provider who’s managing their diabetes, whether it’s endocrinology or primary care team, we want them to continue having those visits whether they’re via telemedicine or face to face. Keep up on their labs; take their medications as directed and continue to self-monitor at home.”