

BIOG

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She qualified as physiotherapist in 1995 from Tampere school of health care and Master of Health Sciences (nursing) 2006 in Tampere university. Currently she is working with her PhD thesis. Her research focuses on stigma and diabetes in Finland.

THE STIGMA OF DIABETES: A FINNISH PERSPECTIVE

ABSTRACT

Living with diabetes, both type 1 and type 2, is demanding. People with diabetes manage their condition all the time, every day. Especially managing type 1 diabetes is challenging. You can't take days off or have a holiday from self-management of diabetes. To cope with that it is important how people around you think about diabetes and you having diabetes.

In previous research stigma in type 1 diabetes is associated with low appreciation and shame, people with type 1 diabetes are regarded as sick or unwanted, especially what comes to injections of insulin. In type 2 diabetes stigma is often associated with overweight. The experiences with stigma are associated with guilt, blame, shame, and concealment of the disease.

This presentation will focus on interaction of stigma and diabetes in Finland. What we know about the phenomenon now and what the research is bringing to light in near future. The results of the research can be used in developing the education and support of people with diabetes. High quality and timely education have impact in quality of life of people with diabetes as well as economic burden of diabetes.