

Diabetes And Weight Gain: Breaking The Cycle

(NAPSA)—When it comes to treating the weight gain associated with type 2 diabetes, there may be a communication gap between physicians and patients.

Almost all physicians say they tell overweight patients to lose weight, but just over half of patients with type 2 diabetes say the discussion is taking place, according to a new survey recently announced by the Behavioral Diabetes Institute.

According to the survey, eight in 10 physicians say they discuss weight issues with their patients, yet only half as many patients—four in 10—report having that discussion. This is a dangerous precedent, as more than 7 percent of the U.S. population has type 2 diabetes and more than 60 million Americans are obese.

“Every day, more evidence is found linking type 2 diabetes and weight gain, and the communications disconnect between physicians and patients can make weight loss efforts even more difficult and frustrating than they already are,” said William Polonsky, Ph.D., CDE, founder and chief executive officer of the Behavioral Diabetes Institute.

Doctors agree that a vicious cycle exists between type 2 diabetes and weight gain: Many of the most commonly used diabetes medications can cause weight gain, but excess weight can interfere with successful treatment of the disease. This makes the survey results even more troubling.

Physicians understand the potential for weight gain associ-

Tips To Help Type 2 Diabetes Patients Manage Their Weight:

- Talk to your doctor about your current diabetes treatment regimen to find out if your medications may be impacting your weight—get the right combination of weight management tools to start living healthier.
- Work with a dietitian who specializes in treating patients with diabetes to develop a realistic weight loss plan.
- Adjust your home environment so that it supports, rather than sabotages, your weight loss efforts.
- Educate your loved ones and friends about diabetes and how they can better support you.



ated with many diabetes medications, and report communicating this critical fact to their patients. However, only 34 percent of diabetes patients polled claimed to have any knowledge that their diabetes medication could cause weight gain.

While talking about weight can be a tough conversation, it can be worthwhile to bring up the subject with your health care professional. Losing even a few pounds may help manage diabetes more successfully and reduce the risk of heart disease and lower blood pressure and cholesterol.

For more information about behavioral strategies for successful weight loss and diabetes management, visit the Behavioral Diabetes Institute Web site at www.behavioraldiabetes.org.