

# Diabetes & You

## Diabetes: Are You At Risk?

(NAPSA)—There's good news for those who think they or a loved one may be at risk for diabetes. The nation's largest retail warehouse club is sponsoring a free diabetes screening program.

More than 20 million people in the United States live with diabetes—and nearly one-third of those cases go undiagnosed, according to the American Association of Diabetes Educators. An additional 41 million Americans ages 40 to 74 are at risk for developing diabetes based on age and lifestyle factors, like being overweight and lack of exercise.

Diabetes is a serious disease—and it's rapidly growing. Every day, there are 4,100 new cases of diabetes. The condition can be a challenge to diagnose because many of its symptoms seem harmless. However, early detection and treatment are crucial to decrease the chance of developing the sometimes life-threatening complications associated with diabetes.

Common symptoms include:

- Unusual weight loss
- Excessive thirst
- Irritability
- Blurry vision
- Frequent urination
- Increased fatigue
- Extreme hunger

If you are experiencing these symptoms, you should visit your doctor immediately. Diabetes testing, which is the key to proper diagnosis, usually includes a screening of your blood glucose, cholesterol and blood pressure levels.

Since cost can be a barrier for many people to get diagnosed, free diabetes screenings can be a life-saving opportunity. SAM'S CLUB is offering free health screenings during the "Diabetes Aware & Care" events held at their stores nationwide on Saturday, Septem-



**Early detection and treatment are crucial to help prevent the development of the potentially life-threatening complications associated with diabetes.**

ber 16. Certified medical technicians will test blood sugar, blood pressure and cholesterol levels. Free vision screenings, complimentary product samples and a diabetes resource book will be available at the events.

"Diabetes is a serious disease that many Americans are unknowingly at risk for developing. The 'Diabetes Aware & Care' events allow us to reach many members and empower them with facts about diabetes. SAM'S CLUB is proud to host this event and welcomes the opportunity to offer our members education, resources and products to help manage and prevent diabetes," said Mike Pitzl, Director, SAM'S CLUB Pharmacy.

The treatment of diabetes is a team effort, but the patient plays the most active role in day-to-day health management. Your doctor, in conjunction with a diabetes educator or pharmacist, can help you create a plan to help you stay in control of your condition.

To learn more about the "Diabetes Aware & Care" events and managing diabetes year-round, visit [www.walmart.com](http://www.walmart.com). To find a diabetes educator, visit [www.diabeteseducator.org](http://www.diabeteseducator.org).