

# Diabetes & You

## Diabetes Health Checklist Tips for You or Someone You Know

(NAPSA)—Chances are you or someone you know has diabetes or is at high risk for it. According to the American Diabetes Association, nearly 17 million people in the United States suffer from diabetes, with one million new cases of the disease diagnosed each year—this is an increase of 40 percent over the past 10 years.

“Despite their growing risk for developing diabetes, Americans are finding it harder than ever to make the necessary lifestyle changes to combat obesity,” says Rachel Agnew, registered dietitian. “Diabetes can lead to poor circulation, blindness, increased risk of heart problems and increased oxidative stress that makes the body susceptible to illness.”

Agnew recommends taking the following simple measures to reduce your risk of diabetes and help maintain a healthy lifestyle.

- **Calculate your risk.** Does diabetes run in your family? Are you overweight? Online tools, such as Nature Made’s Diabetes Risk Calculator, can help you determine your risk factor by evaluating your nutrition and exercise regimens and hereditary factors. Gain access to this calculator when you sign up for a free Wellness Advisor account at [www.NatureMade.com](http://www.NatureMade.com).

- **Check all your stats.** Knowing your blood sugar level is as important as knowing your blood type, blood pressure and cholesterol levels. Your blood sugar level lets you know if you might have diabetes or glucose intolerance and allows you to take the necessary steps to control or delay the onset of this disease. Early control also reduces the risk of diabetes-related complications. The most common glucose test is the fasting plasma glucose test. A reading of 109 mg/dl or less is normal; 126 or higher is one sign of diabetes.

- **Make nutrition a top priority.** Diabetes places additional strain on the body, which may lead to lower levels of important nutrients. If you’re not always able to eat a balanced diet, supplements can help. Nature Made’s new Diabetes Health Pack, found in drug, grocery and other stores nationwide, offers a convenient



**Proper nutrition can go a long way toward helping you control—perhaps even reduce your risk of—diabetes.**

way for people with diabetes to achieve more balanced nutrition by providing essential nutrients that people with diabetes need.

- **Count your carbs.** All carbohydrates boost blood glucose levels, not just simple sugars, so it’s important you review the total carbohydrate count to ensure you’re not going over your limit. Recommended amounts of dietary carbohydrates vary, so check with your registered dietitian or health care provider to find out your exact requirements.

- **Assemble a diabetes care team.** Your “starting lineup” should consist of your primary care physician, a certified diabetes educator to teach you self-care, a registered dietitian to help you design a meal plan that’s right for you and an ophthalmologist to screen you for diabetic retinopathy.

- **Get Moving.** Obesity greatly increases the risk of type 2 diabetes—80 percent of people with type 2 diabetes are obese. Just a five percent reduction in weight can result in improvements in glucose tolerance and decrease cardiovascular risks. Even moderate cardiovascular activity improves insulin sensitivity, lowers blood glucose levels, lowers blood pressure and helps with stress and weight management.

For additional diabetes management and prevention tips, nutritional advice and information, call 1-800-276-2878 or visit [www.NatureMade.com](http://www.NatureMade.com).