



HEALTH AWARENESS

Diabetes: What You Should Know

(NAPSA)—Approximately 17 million people in the U.S. have diabetes—and the rate among U.S. adults increased 49 percent from 1990 to 2000. Similar increases are expected in the next decade and beyond.

Learning more about diabetes may help protect you from complications associated with the disease, which kills more than 200,000 people each year.

Of those Americans with diabetes, 5.9 million are unaware that they have the disease, roughly the number of people who pass through Chicago's O'Hare airport each month.

Diabetes-related consequences can include heart disease, stroke, blindness, kidney failure, leg and foot amputations, pregnancy complications and death related to flu and pneumonia.

The combined costs of related health care and lost productivity total more than \$100 billion each year.

Hispanics, African Americans, American Indians, the elderly, the obese and those with a history of diabetes during pregnancy are at high risk for diabetes.

Fortunately, there are steps you can take to protect your health if you've been diagnosed with diabetes.

According to the Chronic Disease Directors (CDD), a Washington, D.C.-based public health association, good nutrition, physical activity, control of blood glucose levels and access to medical services can delay the progression of diabetes.



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Some types of diabetes must be treated with injected insulin, while others can be managed with diet and exercise alone.

When lifestyle changes alone don't work, a variety of prescription medicines can provide added glucose control.

No matter which type of diabetes people have, it is very important that they follow whatever treatment regimen is prescribed by their doctor and that they see their doctor on a regular basis.

CDD is composed of the chief public health executive of each U.S. state and territory. CDD works to educate the public about risks and choices and strives to create access to preventative health services. To learn more, visit www.ChronicDisease.org.