

Diabetes & You

Resource Guide Provides Self-Care Tips

(NAPSA)—There's good news for the estimated 18 million people in the U.S. who have diabetes. A new edition of a book is available that provides information and resources to those dealing with the condition.

Diabetes is a disease characterized by high levels of blood sugar resulting from defects in insulin production, insulin action or both.

Diabetes is often associated with serious complications and other diseases. For example:

- The risk for stroke is two to four times higher among people with diabetes.

- Diabetes is the leading cause of new cases of blindness among adults 20-74 years old.

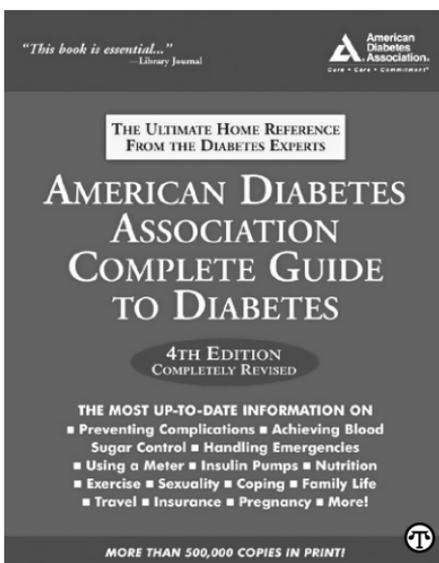
- In addition, diabetes is the leading cause of treated end-stage renal disease.

There are societal costs as well. It's estimated that the direct medical costs each year top \$90 billion. In addition, there's another \$40 billion in indirect costs, such as disability, work loss and premature mortality.

The book, the fourth edition of "American Diabetes Association Complete Guide to Diabetes: The Ultimate Home Reference From The Diabetes Experts" (The American Diabetes Association, \$29.95), is described as a sourcebook for living an active, healthy life with diabetes.

It includes information on:

- self-care techniques
- the latest medical breakthroughs as well as insulin and insulin pumps,
 - carb counting,
 - dealing with workplace and school



It's estimated that diabetes cost the nation over \$130 billion a year in both direct and indirect costs.

- achieving blood sugar control,
- preventing complications,
- handling emergencies, as well as
 - links to helpful Web sites.

Said by some to be the most complete and authoritative resource on diabetes, the book was developed by the experts at the American Diabetes Association (ADA).

The ADA is the nation's leading nonprofit health organization providing diabetes research, information and advocacy. Founded in 1940, the association conducts programs that reach hundreds of communities.

The book is available in bookstores and online at <http://store.diabetes.org>.