

Is Diabetes Knocking At Your Door?

(NAPSA)—Health care experts are doing something about diabetes, the fifth leading killer in the country. The figures are staggering: an estimated 17 million—6.2 percent of the population—have diabetes. On top of that, another estimated 16 million Americans have pre-diabetes, an increasingly common condition previously known as impaired glucose tolerance.

Those with pre-diabetes may not experience any symptoms, but have blood glucose levels higher than normal but not yet high enough to be classified as diabetes. Sadly, if nothing is done to reduce their levels, these people will most likely develop diabetes within 10 years. The higher levels also put them at greater risk of developing not only diabetes, but also stroke and heart disease.

“The good news is if you have pre-diabetes, you can do something about it,” said Pharmacist Sarah Matunis, R.Ph. “Although pre-diabetes is a serious condition, progression of type 2 diabetes can be reversed or alleviated with modest changes to your diet and exercise.”

For those baffled about getting started on an effective diet and exercise program, Matunis recommends consulting a dietician, pharmacist or other health care professional for help.

Are You At Risk?

With quick intervention, a future of medications or insulin shots may be avoided. Among those at greatest risk of developing pre-diabetes or diabetes are:

- Those with a family history of diabetes, as well as those who had high blood sugar while pregnant, a condition known as gestational diabetes.

- Those who belong to minority groups disproportionately affected by diabetes, including African



Doctors and pharmacists can help you avoid the complications of diabetes.

Americans, Native Americans, Latinos and Pacific Islanders.

- Those who are overweight or obese.
- Those with high blood pressure or blood fats.
- Those who are sedentary or inactive.

The more risk factors you have, the greater your risk for diabetes—and the more concerned you should be about your health.

“To ensure you get the latest and most accurate information about diabetes, take charge of your health. Make it a point to learn more about the risks you face and the preventive measures you should take,” added Matunis.

To help raise awareness, Rite Aid pharmacists are trained on diabetes signs, symptoms and treatments and will work one-on-one with you to answer any questions. The Rite Aid Diabetes Health Organizer is particularly useful for diabetes patients who need help tracking their blood sugar levels and other health information.

For more information on diabetes treatments or to find the nearest Rite Aid pharmacist, visit www.riteaid.com.