

Health Awareness

Longest Living People With Diabetes Share 50 “Secrets” In New Book

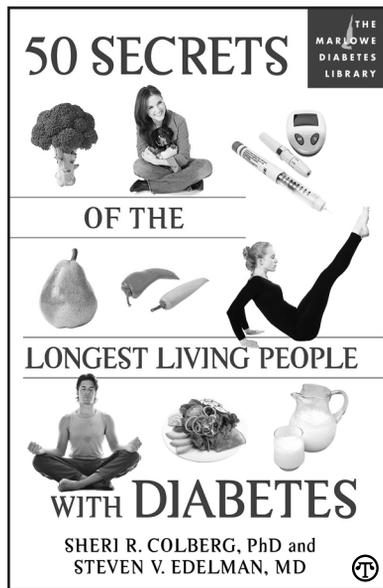
(NAPSA)—People with diabetes may find it easier to live a longer and healthier life once they learn some of the secrets shared by those who have already done just that.

That’s the message of the new book “50 Secrets of the Longest Living People With Diabetes” (Marlowe & Company). In it, authors Sheri R. Colberg, Ph.D. and Steven V. Edelman, M.D. share some valuable insights that may help others with diabetes potentially live longer lives.

According to the World Health Organization, diabetes causes about 3 million deaths per year worldwide and has the potential to rob people, on average, of more than 12 years from their lives.

Despite these grim statistics, many remarkable individuals have managed to live long and well with diabetes. Some of these include a 90-year-old woman who has lived with diabetes since 1924 and a pair of brothers who are 87 and 91 and have lived more than 157 years collectively with the disease.

Drs. Colberg and Edelman interviewed more than 50 people who have thrived despite their diabetes for anywhere



A new book revealing “secrets” from the longest living people with diabetes offers advice for living long, and well, with the disease.

from 25 to more than 80 years. They distilled what they learned about the lifelong habits of these individuals into 50 easy-to-understand “secrets.” These secrets are organized into eight categories: Emotional, Knowledge, Control, Dietary,

Exercise, Medication/Technology, Support and Other Life.

For example, the authors note that an emotional secret is to “live life first and be diabetic second.” A dietary secret would be to “carry a toothbrush,” because brushing your teeth after eating may keep you from eating more, since many foods don’t taste right when mixed with remnants of flavored toothpaste. A control secret is to “monitor your blood sugar and vary the time of day you test,” which can help you understand how food, medication or other factors impact blood sugar levels so that you can make necessary lifestyle changes to help stay in control.

“Fortunately, technology today can help. A blood sugar meter like the OneTouch® UltraMini™ Meter, for example, is discreet, easy to use and gives an accurate test result in just five seconds,” says Dr. Colberg. “A meter like this, which is easy to carry with you, is especially good for patients who need to make insulin dosing or food decisions on the spot.”

To learn more about this meter, visit www.OneTouchUltraMini.com, and to learn more about the book or where to order it, www.SheriColberg.com.