

Della Reese Offers Healthy Tips For Managing Type 2 Diabetes

(NAPSA)—Diabetes is an epidemic in the United States. Approximately 18 million people have diabetes and approximately 90 to 95 percent of those who are diagnosed have type 2 diabetes. Actress and singer Della Reese has type 2 diabetes and is dedicated to educating the public about how she manages the disease.

“When I found out I had type 2 diabetes, I was upset because I knew nothing about the condition and I had nothing to fight it with,” said Reese. “Since my diagnosis I learned that I have the power to make meaningful changes in my life and that my diabetes management plan plays a big part in staying happy and healthy.”

There is no cure for type 2 diabetes and ignoring the condition can lead to serious diabetes-related complications, such as heart attack, stroke, blindness, amputation, and kidney failure. While the cause is unknown, there is hope for the millions of people who have type 2 diabetes. The condition can be managed through eating right, regular physical activity and, when prescribed, taking diabetes medication every day.

Reese has found that education is the first step to managing diabetes and encourages those diagnosed with the disease to ask their health care provider for information about everything that could impact their diabetes. Her personal tips for managing type 2 diabetes include:

- Improve your meal plans; lose the extra pounds by reducing calorie intake and eating smaller portions to help lower blood sugar levels.
- Ask your health care providers about finding the right fitness program; physical activity is a significant factor in managing diabetes and achieving overall good health.
- Talk to your health care provider about which medication would be right for you; an oral



medication may be needed if meal planning and physical activity are not doing enough to improve your blood sugar levels.

- Have your A1C level, blood pressure and cholesterol checked on a regular basis by your health care provider.

Reese also suggests finding a support system to help create and implement the right diabetes management plan. A support system can include a health care team, family, and friends.

“I do everything I can to fight diabetes. I eat right, stay active and take my diabetes medication every day,” said Reese. “If you take an active role in managing your disease, you can be stronger than diabetes. I’m living proof!”

People interested in learning more about type 2 diabetes can receive a one-of-a-kind copy of “Take Della’s Challenge: Be Stronger Than Diabetes,” a booklet filled with quick tips and true-life advice on managing type 2 diabetes, as well as Reese’s favorite diabetes-friendly recipes. Also included is a free motivational music CD to encourage a more active lifestyle featuring one of Della Reese’s songs. The free booklet and CD can be obtained by calling 1-866-463-6342 or by visiting www.delladiabetes.com.