



HEALTH AWARENESS

Type 2 Diabetes—Screening And Management

(NAPSA)—According to the Centers for Disease Control and Prevention, nearly 21 million Americans—approximately 7 percent of the U.S. population—have diabetes, and more than 6 million of those people do not know they have the disease. In addition, another 41 million people are estimated to have prediabetes, a condition that, if left untreated, can evolve into type 2 diabetes.

When diabetes is not treated properly, it can lead to serious health complications. These include:

- Blindness or other vision problems;
- Kidney disease or failure;
- Nerve damage and loss of fingers or toes; and
- Heart attack or stroke.

Are You At Risk?

The risk of developing diabetes increases with age and if you have a family history of the disease. The other significant risk factor is being overweight or obese.

Because it is possible to have diabetes and not have any visible signs or obvious symptoms, it is important to be screened if you are at risk.

Screening For Diabetes

There are two blood tests that can be used to check the levels of sugar in your blood. If these tests show you have high blood sugar, talk with your doctor about the best way to manage your condition. According to Dr. Guillermo Umpierrez, associate professor of medicine at the Emory University School of Medicine and chair of the Diabetes Task Force of The Hormone Foundation, “Patients,



Millions of Americans have diabetes or are at risk, so regular screening for the disease is vital.

now more than ever, have an opportunity to get a head start to stave off the disease by getting screened and adopting a healthy lifestyle.”

Managing Diabetes

If tests show you have prediabetes, this is your chance to prevent diabetes and the health complications that come with it. Regular exercise and a healthy diet are often enough to get your blood sugar levels back to normal.

Many people with diabetes can manage their disease by adopting a healthy lifestyle, but if your condition is more serious, your doctor may recommend that you take oral medications or insulin.

Having diabetes requires that you take care of yourself every day. This means monitoring your blood sugar and including some physical activity and a healthy diet regularly into your life. It's also important to avoid alcohol and smoking, and follow the prescribed treatment from your doctor.

For diabetes resources and to find an endocrinologist (a diabetes specialist), visit The Hormone Foundation at www.hormone.org.