

American Diabetes Association **Diabetes & You**

Walkers Go The Distance for Diabetes Cure

(NAPSA)—Every fall, many Americans do more than talk about finding a cure for diabetes—they walk the Walk.

To find a cure, 100,000 people will team up with their friends, neighbors, and co-workers to walk in America's Walk for Diabetes, which takes place in almost 300 cities nationwide.

Approximately 16 million Americans have diabetes, and this year alone 190,000 will die from its complications that include blindness, kidney failure, amputation, heart attack and stroke.

Almost a third of the people who have diabetes may not even know that they have it until they develop complications.

If you add up healthcare costs, lost work days and productivity, diabetes costs this country roughly \$100 billion every year.

To help fund research to find a cure, walkers gather sponsors and donations from local businesses and individuals for the American Diabetes Association.

Many people form corporate teams and walk with their co-workers.

Events like the Walk allow colleagues the opportunity to contribute to their local communities, and improve their health and employee communication.



Every fall thousands of Americans team up and walk to raise money to fund diabetes research.

National corporate sponsors include Equal Brand Sweetener, Archway Homestyle Sugar Free Cookies, Cary's Sugar Free Syrup, and Ensure Glucerna. Both *Health* magazine and *People* magazine are the event's national media sponsors.

For more information on America's Walk for Diabetes, to sign up as a walker, sponsor, or volunteer, or to donate, call the American Diabetes Association at 1-888-DIABETES (1-888-342-2383) or visit www.diabetes.org.

The American Diabetes Association is the nation's leading voluntary health organization supporting diabetes research, information, and advocacy. Founded in 1940, the Association has offices in every region of the country, providing services in more than 800 communities.