



# YOUR HEALTH

## A New Approach To Fighting The Threat Of Diabetes

(NAPSA)—There are 18.2 million diabetics undergoing treatment in this country—nearly one in 20 Americans—and 5.2 million



Walter M. Bortz II, M.D.

more who don't even know they have it. Not only that, experts say there are 200 million people at risk for the disease, and a million new cases are reported every year.

Fortunately, it's possible to reverse the effects of diabetes. For example, Mike Huckabee, the youngest governor of Arkansas in the state's history, reacted to his diagnosis by losing 110 pounds in two years, going from obese to fit and reversing the effects of diabetes.

Governor Huckabee is such a success story that he wrote the foreword for a new book, "Diabetes Danger: What 200 Million Americans At Risk Need To Know" (Select Books, \$21.95).

The book was written by Walter M. Bortz II, M.D., a lifelong enthusiast of staying healthy. He's teamed up with Governor Huckabee in an appeal to Americans to take control of their health. Not only will this be good for themselves and their families, but it helps the country pull back on the mushrooming costs of treating diabetes. Diabetics spend nearly five times as much as other people on medical care—only to die an average of 15 years earlier.

The most common symptom of early diabetes is chronic fatigue,



**The chief causes of the current epidemic of diabetes in the United States is obesity and lack of exercise. Americans are eating too much, moving too little and living too fast.**

but most people visit the doctor because they are experiencing another physical problem. In these cases, it's routine for the doctor to do a blood test and that's how he or she finds out that the patient has diabetes. But, by that time about half of the patients will already have serious complications.

Left uncontrolled, diabetes can, over time, lead to blindness, kidney failure, heart disease, limb amputations and nerve damage. According to the Food and Drug Administration (FDA), diabetes is the leading cause of new cases of blindness in adults between the

ages of 20 and 74, and it accounts for 40 percent of people who have kidney failure. Other health complications grow worse among people with diabetes. Cardiovascular disease is 2 to 4 times more common among people with diabetes, stroke is also 2 to 4 times higher, and 60 to 65 percent of diabetics have high blood pressure.

"The primary solution" says Dr. Bortz, "is prevention. When treatments are required, it must be rigorous and sustained. We need to do more to empower individuals and communities to take control—everybody from schools, to industry, government, and throughout the health care profession."

Worse, with health care costs related to diabetes now approaching \$200 billion per year, companies, governments and individuals will soon no longer be able to afford treatment of this appalling disease.

Dr. Bortz's book offers hope, showing steps that should be taken to quench the fire of diabetes. He also gives potential strategies to reverse symptoms once the dreaded disease has struck and demonstrates how personal health maintenance, rather than the medical system, is more effective at reigning in this horrible disease.

*Walter M. Bortz II, M.D. is one of America's most distinguished scientific experts on aging. After training at Williams College and the University of Pennsylvania Medical School, he has spent his career at Stanford University, where he holds the position of Clinical Associate Professor of Medicine. He lives in Palo Alto, California, with his wife.*