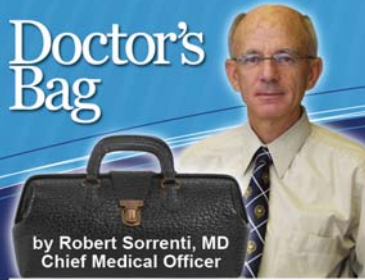


Doctor's Bag



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YOU HAVE THE POWER TO PREVENT TYPE 2 DIABETES

According to the U.S. Department of Health and Human Services, people at high risk for type 2 diabetes can prevent or delay the onset of the disease by losing just 5-7% of their weight if they are overweight. The two most effective ways to achieve this goal are diet and exercise.

Your physician can help you develop a personal plan of action, but here are some basics to keep in mind:

EAT HEALTHY; EAT SMART

- Take in fewer calories than you burn during the day.
- Eat a variety of healthy foods and limit fats, salt and sugars. Drink plenty of water.
- Eat smaller portions.

GET MOVING; HAVE FUN

- Start with a five-minute walk and build up to at least 30 minutes of moderate exercise five days a week.
- Try swimming, bicycling, hiking, dancing — and vary the activities to prevent boredom.
- Find an exercise buddy so you can both stay motivated.

The National Institutes of Health publishes an excellent set of materials called "The Small Steps, Big Rewards GAME PLAN." These materials are available on-line at <http://ndep.nih.gov/diabetes/prev/prevention.htm>.

HLInfo YOUR MONTHLY GUIDE TO HEALTH CARE AWARENESS

Diabetes: Are You at Risk?

Diabetes is a serious condition in which blood sugar (also called blood glucose) levels are above normal. Individuals with diabetes have problems converting food to energy.

Most people with the disease have type 2 diabetes, which usually begins when the body's cells do not properly use insulin, the hormone that regulates blood glucose. As the need for insulin rises, the pancreas gradually loses its ability to produce it. Type 2 was once known as adult-onset diabetes because it typically affected adults age 45 and older. Today, with obesity occurring earlier than ever, many young people and children also have the disease.

Risk factors for type 2 diabetes may include:

- Age greater than 45 years
- Excess body weight (especially around the waist)
- Family history of diabetes
- High blood pressure
- Impaired glucose tolerance
- Low activity level
- Poor diet
- HDL cholesterol lower than 35
- Triglyceride levels of 250 mg/dL or higher
- Diabetes during pregnancy
- Having a baby weighing more than nine pounds at birth



Healthy lifestyle changes can prevent or delay the onset of type 2 diabetes.

Type 1 diabetes develops when the body's immune system destroys the blood cells that make insulin. Type 1 diabetes usually strikes children and young adults, although onset can occur at any age. Risk factors for type 1 may include family history, autoimmune disease and certain environmental factors.

Gestational diabetes is a form of glucose intolerance that affects some women during pregnancy. Other types of diabetes can result from surgery, drugs, malnutrition, infections and other conditions.

DidUKnow?

- 20.8 million children and adults in the U.S. have diabetes.
- In 2007, diabetes claimed 284,000 lives.
- About one in every 400-600 children and adolescents has type 1 diabetes.
- Type 2 diabetes accounts for 90-95% of all diagnosed cases of diabetes.
- About one-third of people with type 2 diabetes do not know they have it.
- Many people with type 2 diabetes can control their blood glucose by following a careful diet and exercise program, losing excess weight and taking oral medication.
- People with type 1 diabetes must have insulin delivered by injections or a pump.
- Diabetes can affect many parts of the body and can lead to serious complications such as blindness, kidney damage and lower limb amputations.
- People with diagnosed diabetes have, on average, medical expenditures that are more than two times higher than what expenditures would be without the disease.

Newsletter Information Sources

U.S. Dept. of Health and Human Services
National Diabetes Education Program, National Institutes of Health, Centers for Disease Control and Prevention, NIH Publication No 06-5334, "Big Steps Small Rewards"

Managed Care Fact Sheets, "Diabetes Fast Facts," (www.mcareol.com/factshts/factdiabetes.htm)