

**AMERICAN DIABETES MONTH®**  
**NOVEMBER 2011**

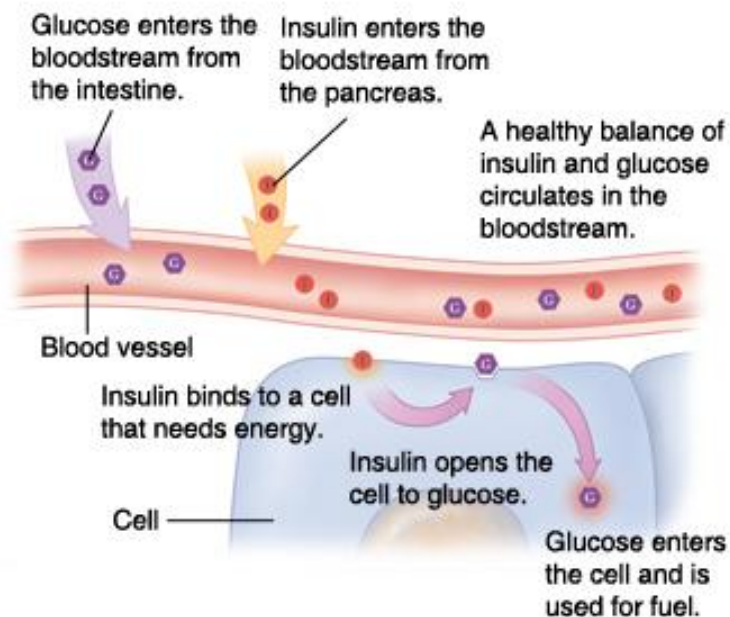
## HOW BAD IS THE SITUATION?

- 1 in 4 adults over 20 years old have pre-diabetes
- People with pre-diabetes will likely develop Type II diabetes within 10 years
- 90-95% of people with diabetes have Type II
- Over 1/3 of adults with Type II diabetes don't even know
- Pre-diabetes and Type II diabetes are very manageable with medication, nutrition and activity

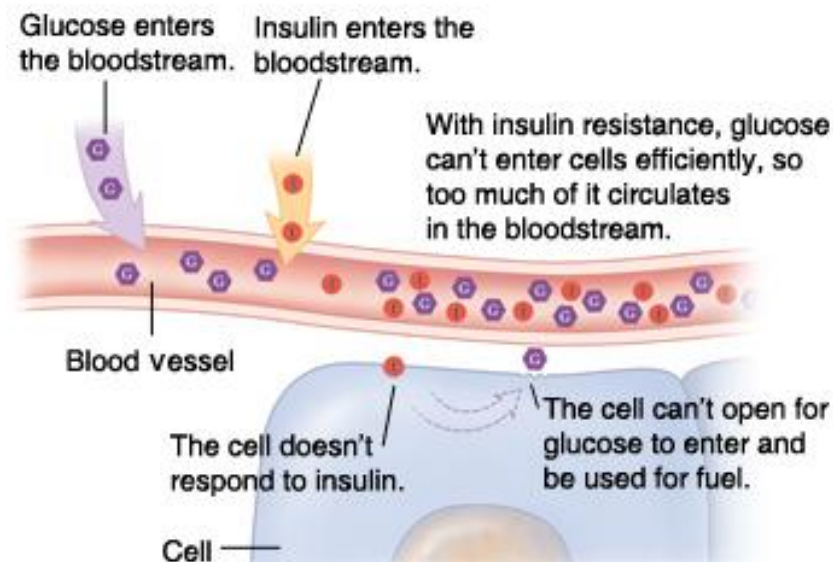
# WHAT IS INSULIN RESISTANCE?

- Normally carbohydrates are broken down into glucose or “sugar.” This glucose or sugar passes into the bloodstream where insulin transports it to the cells to produce energy. Insulin resistance does not allow muscle, liver, and fat cells use insulin properly. Glucose builds up in the bloodstream (high glucose levels), spills over into urine and never gets used for energy.
- People with insulin resistance feel fatigued and move less. Many tend to reach for the easy carbohydrates, which just keeps the cycle going. You never quite hit an even energy level.

# Normal



# Insulin Resistance



# DON'T IGNORE PRE DIABETES

- Comes before type 2 diabetes
- Blood glucose are higher than normal, but not yet diabetes
- Most people with pre diabetes don't know they have it
- Small lifestyle changes usually make a difference

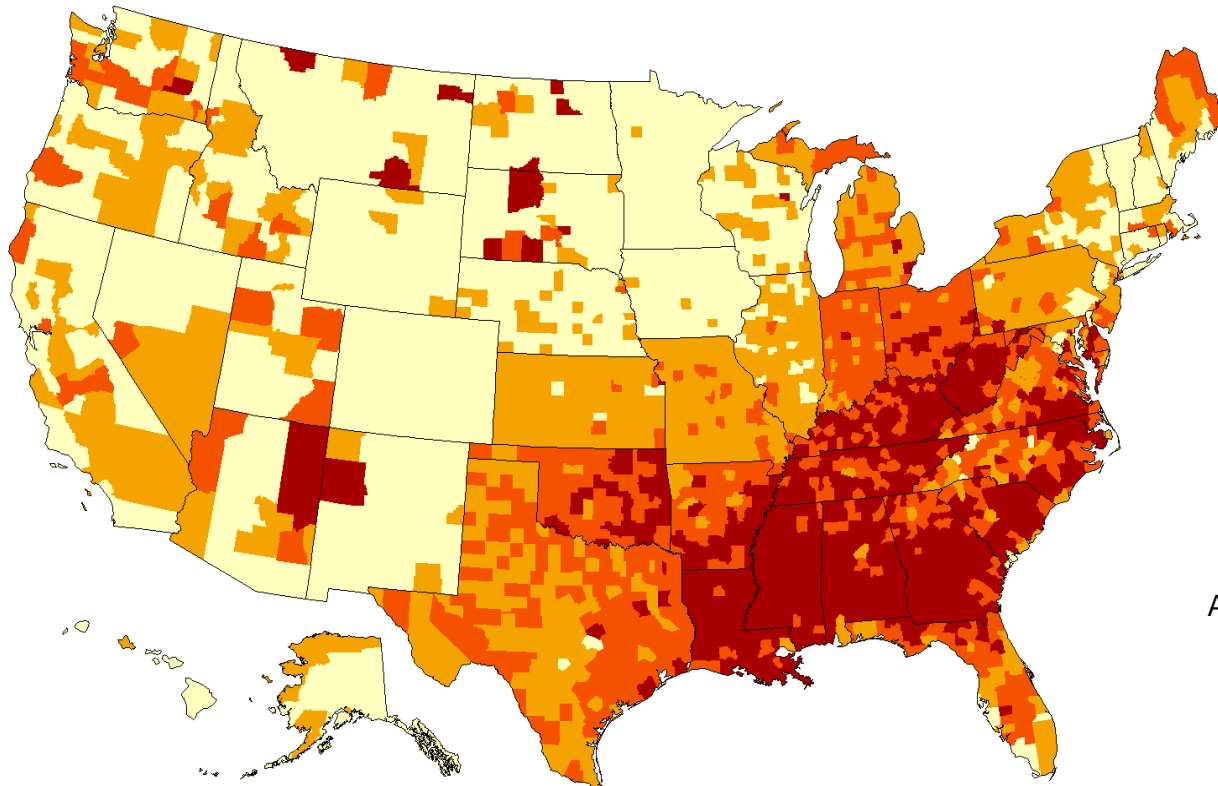
Pre diabetes Ranges	
	Pre
A1C	5.7-6.4%
Fasting Plasma Glucose Test	100-125 mg/dl
Oral Glucose Tolerance Test	140-199 mg/dl

# DIABETES FORECAST

Recent estimates project that as many as 1 in 3 American adults will have diabetes in 2050 unless we take steps to Stop Diabetes.



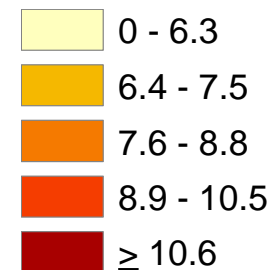
# THE SCOPE OF DIABETES



County-level Estimates of  
Diagnosed Diabetes for  
Adults aged  $\geq 20$  years:  
United States 2008

*From the Centers for Disease  
Control and Prevention: National  
Diabetes Surveillance System.*

AGE-ADJUSTED PERCENTAGE:



## WHY TAKE ACTION?

- Diabetes is the leading cause of kidney failure (accounts for close to half of all new cases)
- Diabetes is the leading cause of new cases of blindness among adults aged 20-74 years
- Diagnosed diabetes cost \$174 billion yearly in the USA alone (**an increase of 32% since 2002**)
- Diabetes related costs could exceed \$218 billion if gestational diabetes, pre diabetes and undiagnosed diabetes costs were included
- Diabetes is very treatable, especially in the pre diabetes and initial diabetes stage
- You have to be tested to be diagnosed

# ASK TO GET TESTED IF

You are **OVERWEIGHT**

**AND** have 1 of the following risk factors

**OR** you are over 45 years old and have/had/are:

- A parent, brother or sister with diabetes
- A baby weighing more than 9 pounds or had gestational diabetes.
- Being treated for blood pressure or your numbers are 140/90
- An HDL (healthy cholesterol) level less than 35 mg/dl
- Triglycerides over 250 mg/dl
- Polycystic ovarian syndrome (PCOS)
- Previous high blood glucose levels
- Conditions associated with insulin resistance, such as acanthosis nigricans (dark rash around neck or armpits)
- A history of heart disease

## LIFESTYLE CHANGES

- Exercise is medicine! Just 150 minutes of somewhat hard exertion (walking, biking, swimming ...) is something you can do to help your body.
- While added sugar is an issue, total carbohydrate intake is more important. Keep your intake consistent to see how blood glucose or A1c levels respond.
- If you have a glucometer, options include first thing in the morning, before meals and/or 2 hours after meals.
- Take medications faithfully to get maximum results, but report side effects to your healthcare provider sooner (vs later). You are in charge of your care!



American Diabetes Association.

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# FOR MORE INFORMATION ON HOW YOU CAN HELP STOP DIABETES

1-800-DIABETES

stopdiabetes.com

Text JOIN to 69866  
(standard data and message rates apply)

# DIABETIC SUPPORT GROUP

- Come meet our new diabetes nurse educator, Carmen Strong!
- **DATE CHANGE** Our next meet meeting is December 15<sup>th</sup> (Thursday not Wednesday) at 1:30 pm in the south Solarium (old Newmark Center)
- Meeting are FREE and open to diabetics, family members and anyone else interested in learning more about diabetes

