

November is Diabetes Awareness Month

November 7, 2011 issue
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Are you one of the 25.8 million Americans who have diabetes and don't know it? Diabetes is a chronic disease that develops when the pancreas doesn't make enough insulin or can't effectively use the insulin it produces. About 27% of people are unaware they have diabetes because they have no symptoms or they do not recognize the symptoms of the disease.



Who is at Risk for Type 2 Diabetes?

- Age 45 years or older and overweight
- Age 45 years or younger, overweight and one or more of the following risk factors
- Family history of diabetes
- High blood pressure
- High cholesterol
- History of heart disease
- Physical inactivity
- Impaired fasting glucose (blood sugar) or impaired glucose tolerance
- History of giving birth to a baby weighing over 9 pounds

The American Diabetes Association recommends everyone over the age of 45 should be tested for diabetes. If you are younger than 45 or experiencing any symptoms such as increased thirst, increased urination, fatigue, weight loss, increased hunger, blurred vision or sores that don't heal, then see your doctor to be screened for diabetes.

The good news is you don't have to make huge changes in your lifestyle habits to prevent or delay the onset of diabetes. A modest weight loss of 10 – 15 pounds and 30 minutes a day of physical activity most days of the week will make a big difference in lowering your risk for diabetes. For more information on diabetes, go to www.YourDiabetesInfo.org or www.diabetes.org.

Source: *American Diabetes Association*

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