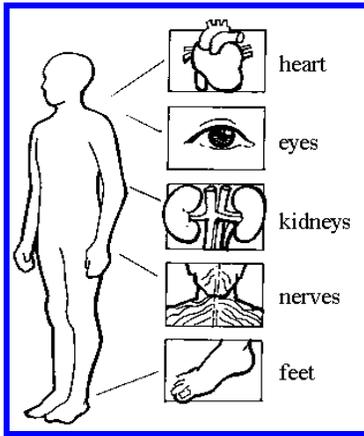


# DIABETES ALERT!



Diabetes develops when the pancreas does not produce enough insulin, or the insulin can't be properly used. Insulin is the hormone that allows sugar and starches in food to be converted into usable energy. As a result, very high levels of sugar (glucose) remain in the bloodstream. High blood sugar can eventually damage the blood vessels in a diabetic's body, leading to eye, kidney and heart disease.

There are 20.8 million children and adults in the U.S. who have diabetes - nearly one-third (6.2 million people) are unaware that they have the disease.

Type 2 diabetes accounts for 90-95% of all diagnosed cases of diabetes. In some cases, there are no symptoms of diabetes, or the symptoms come on so gradually that they may not even be recognized.

## DIABETES CANNOT BE CURED ... BUT IT CAN BE CONTROLLED

Prevention and early detection are important part of diabetes management.



**FIND OUT IF YOU ARE AT RISK.** Diabetes is more common in African Americans, Latinos, Native Americans, Asian Americans and Pacific Islanders. Older adults, individuals with a family history of diabetes, women who have had a baby weighing more than 9 pounds, and anyone who is overweight and/or sedentary are also at increased risk.



**LOSE A SMALL AMOUNT OF WEIGHT.** The weight you think is normal for you may not be a healthy weight. You can prevent or delay type 2 diabetes by losing as little as 10 pounds.



**EXERCISE.** Choose an activity you enjoy ... then do it! Ask family members or friends to be active with you - dance to music, take a walk, ride your bikes, play tag, use a fitness DVD on a rainy day. Try to be active for 30 minutes a day on most days of the week to help you lose weight and stay healthy.



**MAKE HEALTHY FOOD CHOICES.** Choose more fruits and vegetables, fish, lean meats, whole grains, and low fat dairy products. Eat fewer fatty and fried foods. Serve smaller portions. Keep healthy snacks such as fruit in the house. Drink more water.



**RECORD YOUR PROGRESS.** Write down everything you eat and drink and the number of minutes you are active every day. Keeping a diary is one of the best ways to stay focused and reach your goals. Make changes slowly, adding one new change each week. If you or a family member gets off track, start again ... and keep going.



## GET MORE INFORMATION.

American Diabetes Association  
(800) 342-2383 ♦ [www.diabetes.org](http://www.diabetes.org)

National Diabetes Education Program  
(800) 438-5383 ♦ [www.ndep.nih.gov](http://www.ndep.nih.gov)

Centers for Disease Control (CDC)  
(800) 232-4636 ♦ [www.cdc.gov/diabetes](http://www.cdc.gov/diabetes)

National Diabetes Clearinghouse  
[diabetes.niddk.nih.gov](http://diabetes.niddk.nih.gov)