

TYPE 2 DIABETES: INFORMATION YOU AND YOUR LOVED ONES SHOULD KNOW

NOVEMBER 2005

RISING STATISTICS

Common Symptoms of Type 2 Diabetics

Frequent infections that are slow to heal
Irritability and mood swings
Frequent urination
Blurred vision
Unusual thirst
Extreme hunger accompanied by weight loss
Dry itchy skin
Extreme weakness and fatigue
Tingling or loss of feeling in the hands/feet

Symptoms may resemble other conditions

Some people who have type 2 diabetes may exhibit no symptoms. Symptoms may be mild and almost unnoticeable, or easy to confuse with signs of aging.
Symptoms of type 2 diabetes may resemble other conditions or medical problems. Always consult your physician for a diagnoses.

An estimated 17 million Americans have diabetes. Of these, 90 to 95 percent have type 2 diabetes, and one-third are undiagnosed. Most commonly, people develop type two diabetes after age 45. Many are not aware they have diabetes until severe symptoms occur, or they are treated for a complications of the disease.

The prevalence of type 2 diabetes is quickly nearing epidemic proportions. There are several contributing factors including an increase in the elderly population, inactive lifestyle and obesity.

There is a higher preva-

lence among African Americans, Hispanics, Latino Americans and Native Americans.

The disease has become increasingly common worldwide and the rate of progression from pre-diabetes, a condition in which blood glucose metabolism is abnormal but not yet in diabetes range, to the development of type 2 diabetes is between 3% and 10% per year. Today, the estimated number of adults in the United States with pre-diabetes is at least 41 million.

Type 2 diabetes leads to devastating health and economic consequences for individuals, their families, and

society. In 2002 the total cost of diabetes was estimated to be \$132 billion.

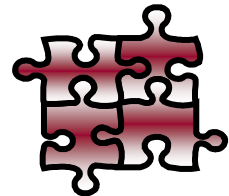
Due to the increased prevalence it is likely the health system will soon be overwhelmed with diagnosed cases of type 2 diabetes.

*Sources:

The American Diabetes Association

Centers for Disease Control and Prevention

The National Institute for Diabetes and Digestive and Kidney Disorders



RISK FACTORS

A risk factor is anything that may increase the odds of developing a disease. These factors may increase a person's risk, but not necessarily cause the disease.

Knowing your risk factors to any disease may help you

to take appropriate steps to reduce them.

Common risk factors for type 2 diabetes are:

- Age
- Family history
- Being overweight

- Not exercising
- Race and ethnicity
- Low level HDL (the "good cholesterol")
- High triglyceride level

Consult your physician to determine your risk factors.

"If you really want to do something, you'll find a way. If you don't, you'll find an excuse" ~ Jim Rohn

OFFICE INFORMATION

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Monday through Friday
8:00am to 5:00pm
(closed from 12–1 for lunch)

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Should You Be Tested?

Anyone 45 years or older should consider getting tested for diabetes. If you are 45 or older and overweight, it is strongly recommended you be tested.

If you are under 45 years of age, overweight, and have one or more risk factors (see front page) you should consider testing.

Ask your doctor for a fasting blood glucose test or an oral glucose tolerance test. Your doctor will tell you if you have normal glucose, pre-diabetes, or diabetes.

**Source: National Diabetes Information Clearinghouse*



An initiative of the International Diabetes Federation and the World Health Organization



WEB INFORMATION

American Diabetes Association—www.diabetes.org

American Association of Diabetes Educators—www.aadenet.org

National Diabetes Information Clearinghouse—www.diabetes.niddk.nih.gov

American Dietetic Association—www.eatright.org

International Diabetes Federation—www.idf.org

International Diabetes Center—www.parknicollet.com

Diabetes Exercise and Sports Association—www.diabetes-exercise.org

REDUCING YOUR RISK FACTORS

You can do a lot when it comes to lowering your chances of getting diabetes. Exercising regularly, reducing fat and caloric intake, and losing weight can significantly reduce your chances of developing type 2 diabetes. Lowering your blood pressure and cholesterol levels will also help you to reduce your risk and stay healthy.

For many of us this is a daunting task. Making big changes in your lifestyle can be hard, especially if you are faced with more than one change. The National Diabetes Clearinghouse recommends the following steps to help you get started.

1. **Make a plan to change your behavior**
2. **Decide exactly what you will do and when you will do it**
3. **Plan what you need to get ready**
4. **Think about what might prevent you from reaching your goals**
5. **Find family and friends who will support and encourage you**
6. **Decide how you will reward yourself once you have achieved your goals**

Your doctor, a dietitian, or a counselor can help you to make a plan.

By seeking the advice of a professional, you can avoid the pitfalls of crash dieting, television ads promising quick results, or internet scams.

We encourage you to start taking these steps as soon as possible so you can avoid becoming one of the growing number of Americans with type 2 diabetes.

Plan for Tomorrow Today