



Share the Wellness Tip

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The truth about undetected diabetes

Diabetes is the sixth leading cause of death in the United States. Yet close to a third of the 17 million adults affected by the disease may not know they have it. Many people first learn they have diabetes through blood tests for other conditions or during routine physical exams. Left undetected and untreated, diabetes can do irreversible damage to your eyes, kidneys and other major organs.

There are two types of diabetes, Type 1 and Type 2. Type 1 diabetes, also known as insulin-dependent diabetes mellitus (IDDM), usually develops before age 30. Type 2 diabetes is the most common form of diabetes and usually occurs after age 40 and in overweight people. Each type has several symptoms, but symptoms common to both types include excessive thirst and frequent urination. Physicians don't usually screen for diabetes during routine visits, so you should make your physician aware of any symptoms or risk factors you may have. If you are at risk for diabetes, have a fasting blood glucose test starting at age 45. If test results are normal, repeat the test every three years.*

Defending against diabetes

You may need medication to control your blood sugar level. But even with medication, the right diet and regular exercise are vital to managing diabetes. Unfortunately, there is no cure for the disease, but there are steps you can take to help prevent it, or gain tighter control of your blood sugar levels if you have diabetes. Some preventive or self management steps include:

- ◆ Eating right
- ◆ Maintaining a healthy weight
- ◆ Getting plenty of exercise
- ◆ Knowing your risk factors

By practicing a healthy lifestyle and having your blood sugar tested on a regular basis, you can protect your health against diabetes.

Source: American Diabetes Association



