

MARK'S CORNER



DIABETES PREVENTION

Diabetes is on the rise among Americans of all ages: **26 million** people have some form of the disease; **78 million** have pre-diabetes. The good news is that preventive measures can delay the onset of diabetes, and controlling weight and cholesterol, blood pressure and blood glucose levels can help prevent complications once diabetes is present. Proper diet and exercise seem to be the prescription for many common health problems: high blood pressure and cholesterol, heart disease, stroke, and obesity.

DIET AND EXERCISE



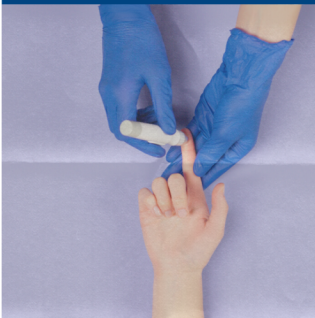
Weight loss resulting from healthy eating and increased physical activity enables muscle cells to use insulin and glucose more efficiently, thus lowering diabetes risk. Lack of exercise can cause muscle cells to lose their sensitivity to insulin, which controls levels of sugar in the blood.

AVOID COMPLICATIONS



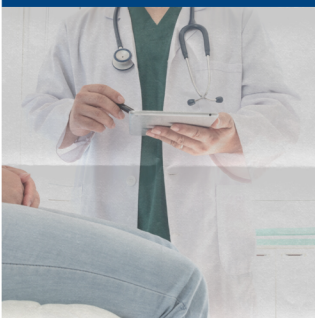
Although cutting out fatty foods and sweets and motivating oneself to maintain a daily exercise program can take some discipline, the payoff is tremendous because people at risk for diabetes are much more prone to developing cardiovascular disease. Heart disease is two to four times more prevalent in those with diabetes and the risk of stroke is two to four times higher; high blood pressure manifests itself in the majority of adults with the disease; and diabetes is the leading cause of kidney disease.

EARLY DETECTION



Those more predisposed to diabetes are Hispanic Americans, African-Americans, Native Americans, Asian Americans, Pacific Islanders, older adults, women who have had gestational diabetes, people who are overweight or inactive, and people with a family history of diabetes. If you fall into one of these groups, you should be especially careful to monitor your lifestyle.

TIPS



- Exercise at least 30 minutes a day.
- Eat a low-fat, low-sugar diet rich in vegetables, fruits, and whole grains.
- Maintain your ideal weight through sufficient exercise and well-balanced meals.
- Keep blood pressure under control at 130/80 or lower.
- Avoid smoking.
- Drink in moderation.
- Regular follow up with your doctor.