



## **Diabetes Alert Day** Tuesday March 23

An estimated 18 million people in the United States have diabetes. 13 million people have been diagnosed with diabetes but approximately 5 million people are not aware they have this disease. A person with diabetes is at an increased risk of complications including heart disease, kidney disease, nerve damage, blindness as well as amputations of the feet & legs.

Type 1 diabetes most often occurs in children & young adults. The individual needs to take insulin because the body makes little or no insulin on its own. Treatment regimen includes proper nutrition, physical activity & home blood glucose monitoring.

Type 2 diabetes accounts for approximately 90-95% of Americans diagnosed with diabetes. The body is either unable to make enough insulin or properly use the insulin. Treatment includes proper nutrition, physical activity, home glucose monitoring as well as the possibility of oral medication or insulin. Approximately 40% of people with Type 2 diabetes require insulin injections.

Gestational diabetes affects approximately 4% of all pregnant women.

Pre-diabetes is a condition that occurs when blood glucose levels are higher than normal but not high enough for a diagnosis of type 2 diabetes. It is estimated that at least 20 million Americans have pre-diabetes in addition to the 18 million already diagnosed with diabetes.

A study by the Diabetes Prevention Program found lifestyle intervention of appropriate physical activity, weight reduction and nutritional improvement reduced the risk of developing Type 2 diabetes by 58%.

The following list contains Wisconsin's highest risk factors related to diabetes:

- Overweight and obese individuals (“leading controllable risk factor for Type 2 diabetes”)
- High Blood Pressure
- Elevated Cholesterol & Triglyceride Blood Levels
- Lack of Physical Activity
- Current Smoker
- Improper nutrition

Sauk County's most recent cost estimate for diabetes is \$27 million.

If you are diabetic, prevent complications by controlling your diabetes effectively:

- Monitor blood glucose, cholesterol, triglyceride & Hemoglobin A1c levels according to physician recommendations.
- Control blood pressure
- Quit smoking
- Proper eye & foot care
- Appropriate physical activity
- Weight control
- Proper nutrition

The best way to prevent Type 2 diabetes is to reduce or prevent risk factors that can be changed:

- Maintain a healthy body weight by proper nutrition and exercise
- Physical activity for 30 minutes on most or all days of the week
- Monitor cholesterol, triglyceride & blood glucose levels per physician recommendations
- Monitor blood pressure