



# DIABETES...

## Do You Know Your Risk?

A large portion of the 21 million Americans who have diabetes don't know it. Take the following quiz to determine your risk. Write in the points next to each statement that is true. If a statement is not true, put a zero. Then add up your score.

1. My weight is equal to or above that listed in the at-risk weight chart (right) ..... Yes (5) \_\_\_\_\_
2. I am under 65 years of age and I get little or no exercise during a usual day ..... Yes (5) \_\_\_\_\_
3. I am between 45-64 years of age ..... Yes (5) \_\_\_\_\_
4. I am 65 years of age or older .. Yes (9) \_\_\_\_\_
5. I am a woman who has had a baby weighing more than nine pounds at birth ..... Yes (1) \_\_\_\_\_
6. I have a sister/brother with diabetes ..... Yes (1) \_\_\_\_\_
7. I have a parent with diabetes . Yes (1) \_\_\_\_\_

**TOTAL** \_\_\_\_\_

**If you scored 3-9 points:** You are probably at low risk for developing diabetes now, but you could be at a higher risk in the future. Exercising regularly and maintaining a healthy weight can help prevent diabetes. The American Diabetes Association recommends everyone be tested for the disease at age 45 and every three years thereafter. Those at increased risk should be tested at a younger age and more frequently.

**If you scored 10 points or more:** You are at high risk for having diabetes. See a doctor soon and find out for sure.

Source: <http://www.in.gov/isdb/programs/diabetes/englishq.htm>

AT-RISK WEIGHTS	
This chart shows unhealthy weights for men and women age 35 or older by height. At-risk weights are lower for individuals under age 35.	
HEIGHT	WEIGHT
58"	▶ 129
59"	▶ 133
60"	▶ 138
61"	▶ 143
62"	▶ 147
63"	▶ 152
64"	▶ 157
65"	▶ 162
66"	▶ 167
67"	▶ 172
68"	▶ 177
69"	▶ 182
70"	▶ 188
71"	▶ 193
72"	▶ 199
73"	▶ 204
74"	▶ 210
75"	▶ 216
76"	▶ 221

## Living With Diabetes

There is no cure for diabetes yet, but we know a lot about managing the disease. If you are diabetic, living a healthy lifestyle that includes a good diet, exercise, and weight control, you can help keep your blood sugar levels at an acceptable range—the most important thing you can do to prevent long-term complications. Good control of blood sugar can reduce your risk of eye, nerve, and kidney complications by 50 to 70 percent and lower your risk for heart attack, stroke, and limb amputation. Depending on the type and severity of your diabetes, you may need to combine these measures with medication to keep your blood sugar under control.





## Doctors Who Take Their Own Medicine

These doctors take their own medicine of diet and exercise:

**Dr. George Sheehan**—  
Cardiologist who wrote 8 books, the most notable of which was “Running and Being” and numerous essays. Started running at age 45; five years later ran the world’s first sub-five minute mile for anyone aged 50. Ran 21 consecutive Boston Marathons. He passed away in 1993 after a long and healthy life.

**Dr. Pamela Peeke**—  
Medical Director of the National Women’s Health Resource Center, ten years as a specialist in critical care and trauma at George Washington University Medical Center, and currently Chief Medical Correspondent for Nutrition and Fitness for the Discovery Health Channel. Marathoner, hiker, and yoga enthusiast.

**Dr. Ron Lawrence**—  
Founder of the American Medical Joggers Association that helped establish the systems that have evolved into today’s marathon medical tents. Dr. Lawrence, 81, states, “After finishing 202 slow marathons, I feel not just the physical joy of these successes, but also the knowledge that no other male in my family has lived this long or this well.”

# Diet and Exercise

as Prescription Medicine



Finally, a drug you can take with no side effects, as the approval of your doctor, and you can even share it with family and friends. We’re talking here of the physical and chemical changes that diet and exercise have on your body. \*It seems that a new study aimed at exploring the best ways to treat or prevent diabetes, found that healthy changes beat drugs in improving health.

### Here’s the proof..

A team from Leicester University, UK, looked into the effectiveness of interventions aimed at preventing or delaying type 2 (non-insulin dependent) diabetes. They took data from 17 studies on people with impaired glucose tolerance—a top risk factor for type 2 diabetes.

Analyzing this data, which covered 8,084 participants, the studies’ authors found that lifestyle changes could reduce overall risk by nearly a half (49%), while diabetes drugs were linked to a 30% lower risk. The authors concluded that, “Lifestyle interventions seem to be as effective as drug treatment. As well, these interventions produce fewer and less-serious side-effects than drug treatment. But advice needs to be reinforced on a regular basis so that the effect is sustainable,” the researchers added. “Effective interventions such as diet and exercise must play a central role in public health policies,” the authors state.

In the United States, there are 20.8 million children and adults, or 7% of the population, who have diabetes, and worldwide, the number of people with diabetes is likely to double by 2030.

*\*Before starting an exercise program or diet it is recommended that you see a health care professional first.*

*SOURCE: American Diabetes Association; British Medical Journal, January, 2007. Pharmacological and lifestyle interventions to prevent or delay type 2 diabetes in people with impaired glucose tolerance: Systematic review and meta-analysis.*

