DIABETES

It is important to diagnose diabetes as early as possible so that treatment can be started. A fasting glucose of 126mg/dL is the threshold at which diabetes is diagnosed. If your blood glucose levels are not high enough to diagnose diabetes but you have symptoms (see below list), you may need to have an oral glucose tolerance test (OGTT). You will be given a glucose drink and then blood tests are taken every half an hour, for two hours, to see how your body is dealing with the glucose.

The Main Symptoms of Undiagnosed Diabetes Can Include:

- passing urine more often than usual, especially at night (polyuria)
- increased thirst
- extreme tiredness
- unexplained weight loss
- red, swollen, tender gums
- slow healing of cuts and wounds
- blurred vision

There are Two Main Types of Diabetes:

Type 1 diabetes: is usually diagnosed in children or young adults, symptoms can develop quickly, over weeks or even days. There is nothing that you can do to prevent Type 1 diabetes. This type of diabetes is always treated with insulin injections.

Type 2 diabetes: occurs when not enough insulin is produced by the body for it to function properly, or when the body's cells do not react to insulin. This is called insulin resistance. Type 2 diabetes is often associated with obesity.

You Should Ask for a Test for Diabetes, If You:

- are white and over 40 years old
- are black, Asian or from a minority ethnic group and over 25 years old
- have one or more of the following risk factors:
  - ✓ a close member of your family has Type 2 diabetes (parent or brother or sister).
  - ✓ you are overweight or if your waist is 31.5 inches or over for women; 35 inches or over for Asian men and 37 inches or over for white and black men.
  - ✓ you have high blood pressure or you've had a heart attack or a stroke.
  - ✓ you have polycystic ovary syndrome and you are overweight.
  - ✓ you have been told you have impaired glucose tolerance or impaired fasting glycemia.

"In the US, diabetes affects approximately 25.8 million people. In addition, 79 million are pre-diabetic. Many are undiagnosed."

Visit the Website:
www.LifeLineScreening.com

Make an Appointment:
Call 1-888-754-1464

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www.LifeLongHealth.com

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Risk Factors for Type 2 Diabetes

Ask about diabetes testing if you are:

- Over age 45 and have not had a test in at least 3 years.
- Have one or more of the following risk factors:
  - ✓ Have a family history of type 2 diabetes in first-and second-degree relatives
  - ✓ Are Native-American, African-American, Hispanic-American, or Asian/South Pacific Islander
  - ✓ Have signs of insulin resistance or conditions related to insulin resistance such as polycystic ovary syndrome, high blood pressure, high cholesterol or stroke or heart attack
  - ✓ Are overweight with a body-mass index (BMI) higher than 25

Diabetes Diagnosis:

Pre-diabetes is when a person has higher than normal glucose readings, but not quite high enough for a diagnosis of diabetes. This is an important thing to know about your health because at this stage, you can still do something to halt the progression to full-blown diabetes.

Blood tests are used to diagnosed diabetes. There are three tests.

- an A1C test, also called hemoglobin A1c, HbA1c or a glycohemoglobin test
- a fasting plasma glucose (FPG) test
- an oral glucose tolerance test (OGTT)

"How does diabetes relate to strokes? 2 out of 3 people with diabetes die from stroke or heart disease."

All people with diabetes mellitus are considered at high risk for coronary heart disease (CHD) and having a heart attack. This is because having diabetes is considered a "CHD risk equivalent" meaning you have the same level of risk of having a heart attack as someone who has already experienced one. Therefore cardiovascular disease risk factors are usually managed more aggressively in individuals with diabetes.

It may not be possible to avoid developing type 2 diabetes, but by controlling the risk factors you may be able to reduce your chances of getting it. For example, you should:

- lose weight, if you are overweight or obese
- keep your waist size under 31.5 inches (80cm) if you are a woman and 37 inches (94cm) if you are a man
- get at least 30 minutes of exercise every day
- do not smoke
- keep your blood pressure and cholesterol levels under control
- only drink alcohol in moderation

This advice can help anyone reduce their risk of developing type 2 diabetes, but is particularly important for those who have an increased risk of developing it.

Support From the Life Line Screening Community

Visit the Life Line Screening Facebook page to share your experiences. You may even pick up some handy tips from others looking to reduced their cholesterol levels too!

Sign up for the monthly eNewsletter online too for news, offers and useful info!

For More Information Visit:

http://www.diabetes.org/

http://www.mayoclinic.com/health/type-2-diabetes/DS00585

http://www.cdc.gov/diabetes/pubs/estimates11.htm#1

http://diabetes.about.com/

http://www.diabetes.org/living-with-diabetes/complications/stroke.html

http://diabetes.niddk.nih.gov/dm/pubs/diagnosis/

http://care.diabetesjournals.org/content/25/suppl_1/s21.full#sec-3

Please remember these are general guidelines only and you should always discuss with your primary care doctor.

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