



Southern Michigan Diabetes Outreach Network

658 E. Chicago Road • Coldwater, MI 49036
Phone: 517-279-2267 • Fax: 517-279-2268 • 1-800-795-7800

www.diabetesinmichigan.org

November is National Diabetes Awareness Month

November is National Diabetes Awareness Month, which is very important to all Michigan residents who are affected by or are at risk for this disease. Diabetes is deadly and disabling. In the United States it is estimated that 20.8 million people have diabetes, which is a chronic disease that can affect the heart, eyes, nerves, and kidneys. It is the number one cause of blindness, kidney disease, and amputations.

Diabetes is costly. The annual cost of diabetes in the US is \$132 billion and 25% of the Medicare budget goes to the care of persons with diabetes. However, diabetes is controllable. Research has shown that keeping cholesterol, blood pressure, and blood glucose levels as close to normal as possible can greatly reduce the risk of complications. The good news is that diabetes can be prevented or delayed 58% of the time.

The risk factors for diabetes include:

- being overweight and inactive
- having a family history of diabetes
- having high blood pressure
- being of certain ethnic descent (Native American, African American, Hispanic, Pacific Islander, and Asian American)

If you have any of these risk factors, see a healthcare provider to get a simple blood test. You can reduce your risk for developing diabetes by maintaining a healthy body weight and being physically active on most days (you may want to check with your physician before you begin an exercise program).

*Brought to you by
Southern Michigan Diabetes Outreach Network*