

FCSLA FRATERNAL OUTREACH IS ON THE MOVE IN 2010

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HAS YOUR WARNING BELL STARTED RINGING?

This month we are sharing some very important information about Prediabetes and Diabetes. Statistics prove that every ten seconds two people are diagnosed with diabetes. A person with diabetes is four times more likely to be hospitalized. The leading cause of dialysis, blindness and amputations is diabetes. Doctors now recognize that a condition called prediabetes is a point where lifestyle changes and diet modification can reduce the progression of this disease.

Below is the table which shows the blood glucose levels for normal, prediabetes and diabetes. A fasting blood glucose (FBG) is a blood test with no food or drink for eight hours. A two hour glucose tolerance test (2 hr. GTT) is an 8 hour fast with a special glucose solution. Blood is then tested for glucose level two hours later. This shows how the body handles a heavy load of glucose.

	<u>Normal</u>	<u>Prediabetes</u>	<u>Diabetes</u>
Fasting	less than 99	100-125	over 126
2 hr. GTT	less than 139	160-199	over 200

A person with prediabetes has a fifty percent chance of progressing to actual diabetes in five to ten years.

How can you help to prevent or diminish this disease?

- ✓ Weight reduction and eating healthy
- ✓ Thirty minutes of exercise 3-5 times per week
- ✓ If you smoke – quit

