champs
Center for Healthy Aging Ministries, Programs & Services

From the Parish Nurse

Are You Diabetic? No? Are You Sure?

Diabetes basically means your blood glucose or "sugar" is too high. We all need a certain level of blood glucose in our body, but when it gets too high it is not good for your health. Bottom line is GET YOUR FASTING PLASMA GLUCOSE CHECKED to really know! This is a **silent disease**. The good news is that you can delay the onset of the disease if you are told you are pre-diabetic. There are 41 million people in the United States, ages 40 to 74, who are pre-diabetics. Common symptoms of diabetes include: frequent urination, excessive thirst, extreme hunger often accompanied by unusual weight loss, increased fatigue, irritability and blurry vision. However, you shouldn't wait for the symptoms to have your glucose level checked.

Prevalence of Diabetes and Pre-diabetes

Diabetes is on the rise, especially in children and adolescents. At a recent meeting with the American Diabetes Association they said the incidence was four adults diagnosed to one child/ adolescent and the statistics are now one to one! Furthermore every 21 seconds someone is diagnosed with diabetes. **Are you one of the individuals with diabetes or who are pre-diabetic and do not know it?** "The good news is that the recently completed Diabetes Prevention Program study conclusively showed that people with pre-diabetes can prevent the development of type 2 diabetes by making changes in their diet and increasing their level of physical activity."(ADA, 2006)

Statistics from the American Diabetes Association (ADA):

There are 20.8 million children and adults in the United States, or 7% of the population, who have diabetes. While an estimated 14.6 million have been diagnosed with diabetes, unfortunately, **6.2 million people (or nearly one-third) are unaware that they have the disease.**

Are You at Risk? Take this Test. Know Your Score.

Find out if you are at risk for having diabetes **now.** Write in the points next to each statement that is true for you. If a statement in not true, put a zero. Then add your total score.

- I am a women who has had a baby weighing more than nine pounds at birth ..... yes 1_____
- I have a sister or brother with diabetes..... yes 1_____
- I have a parent with diabetes..... yes 1_____

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- My weight is equal to or above that listed in the chart.....yes 5_____
- I am under 65 years of age and I get little or no exercise .....yes 5_____
- I am between 45 and 65 years of age.....yes 5_____
- I am between 65 years old or older.....yes 9_____

Total_____

If You Scored 10 or More Points

You are at high risk for having diabetes. Only your health care provider can determine if you have diabetes. At your next office visit, find out for sure.

If You Scored 3-9 Points

You are probably at low risk for having diabetes now. But don't just forget about it. Keep your risk low by losing weight if you are overweight, being active most days, and eating low fat meals that are high in fruits and vegetables, and whole grain foods.

What can You Do?

You can do things now to lower your risk for diabetes by:

- Losing weight if needed.
- Being active most days of the week.
- Eating low fat meals that include vegetables, fruits, and whole grain foods.

What age can testing for diabetes begin?

Age to begin testing - *10 years old or at onset of puberty if puberty occurs earlier*

Frequency of testing - *every 2 years*

Test to use - *fasting plasma glucose* (glucose test)

*At-Risk Weight Chart

Height In feet & inches without shoes	Weight In pounds without clothing
4'10"	129
4'11"	133
5'0"	138
5'1"	143
5'2"	147
5'3"	152
5'4"	157
5'5	162
5'6"	167
5'7"	172
5'8"	177
5'9"	182
5'10"	188
5'11"	193
6'0"	199
6'1"	204
6'2"	210
6'3"	216
6'4"	221

***If you weigh the same as or more than the amount listed for your height, you may be at risk for diabetes.**

BE CERTAIN OF YOUR GLUCOSE LEVEL BY HAVING THE GLUCOSE TESTING DONE THROUGH YOUR PHYSICIAN'S OFFICE!

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