



# GLOBAL HEALTH PHARMACY

## *ASK YOUR GLOBAL HEALTH PHARMACIST*

*News from Global Health Education Center*

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## DIABETES BY THE NUMBERS

Do you pay attention to health news? If so, you may know that the diabetes epidemic is enormous! But there could be a surprise or two for you in the numbers below.

**Nearly 1 in 10.** That's how many people have diabetes in the United States.

**5.4 percent.** Fortunately, the number of new diabetes cases fell an average of 5.4 percent between 2008 and 2012. Researchers think some of this success is due to overall declines in obesity rates.

**Double Trouble.** Some racial and ethnic groups, though, are still seeing a rise in diabetes rates. Talk to your pharmacist to see where you fall.

**8.1 million.** Could you be one of the 8.1 million Americans who has diabetes but doesn't know it?

Diabetes may sneak up on you in the form of pre-diabetes. It causes high blood sugar and an increased risk of type 2 diabetes. That's when your body doesn't use the hormone insulin the right way.

Lifestyle changes that increase activity and take off extra weight can often prevent pre-diabetes from becoming full-blown diabetes. In fact, the National Diabetes Prevention Program has cut people's risk of type 2 diabetes in half with diet and exercise.

**Over 45.** Clearly, lifestyle changes can make a huge difference. They can help prevent or delay the onset of type 2 diabetes. That's why a U. S. task force now recommends that every American over age 45 be screened for both pre-diabetes and type 2 diabetes.

**176 billion.** That's how much money people spent on diabetes medical care in 2012. Those with diabetes, on average, spend more than twice that of people without diabetes.

**Seventh.** According to the CDC, diabetes was the seventh leading cause of death in the U.S. in 2010.

Together, let's make sure this statistic doesn't include you!



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See your doctor to be screened for diabetes, especially if you are obese, have a family history of diabetes, or are over age 45. Symptoms of diabetes may include:

- . The need (urge) to urinate often (frequently)
- . Extreme thirst (need to drink all the time)
- . Feeling very hungry, even after eating
- . Feeling very tired
- . Blurred vision
- . Cuts or bruises that heal slowly

If you don't manage diabetes well, you're at risk for serious complications. These can range from skin infections and nerve damage to vision loss and kidney disease – and, yes, even death.

Healthy eating and exercise is a winning combination for some people with type 2 diabetes. Others need insulin, other injectable drugs, or pills to stay healthy. Don't hesitate to get the help you need. I can really help you stay on track.

Let's lead your number in the right direction.

Nothing herein constitutes medical advice, diagnosis or treatment, or is a substitute for professional advice. You should always seek the advice of your physician or other medical professional if you have questions or concerns about a medical condition.



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## Sources

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