



for your best health

24 million Americans have diabetes, and 57 million more are heading toward it!

Ask Your Pharmacist

Diabetes has reached epidemic proportions in the United States. Nearly 24 million Americans have diabetes, and 57 million more are heading toward it according to a report by the Centers for Disease Control and Prevention, based on data from 2007. Treating each diabetes patient costs about \$6,649 each year amounting to a total of \$116 billion.

The CDC findings report an increase of more than 3 million people in about two years and now over eight percent of the US population has diabetes. The CDC estimates another 57 million people have blood sugar abnormalities called pre-diabetes, which puts people at increased risk for the disease. Scientists have discovered that before people develop type 2 diabetes, they often exhibit pre-diabetes symptoms – blood sugar levels that are higher than normal but not yet considered diabetic.

Dr. Ann Albright, director of the CDC Division of Diabetes Translation stated that "It is concerning to know that we have more people developing diabetes, and these data are a reminder of the importance of increasing awareness of this condition, especially among people who are at high risk".

Commenting on the findings, that the percentage of people unaware that they have diabetes fell from 30 percent to 25 percent. Albright said "it is good to see that more people are aware that they have diabetes."

Among adults, diabetes increased in both men and women and in all age groups, but still disproportionately affects the elderly. Almost 25 percent of the population 60 years and older had diabetes in 2007. According to the American Diabetes Association, complications from diabetes will overburden the health system and cost trillions of dollars unless more patients get better treatment now. Huge racial and ethnic disparities persist in diabetes rates. Nearly 12% of black

Americans have diabetes, compared with 10.4% of Hispanics and 6.6% of whites.

Diabetes is the seventh leading cause of death and can lead to permanent disability and debilitation. People with diabetes can experience numerous debilitating and deadly complications, including heart disease and stroke, blindness, chronic kidney disease, and amputations. The risk for stroke is 2 to 4 times higher among people with diabetes. Diabetes is also the leading cause of new cases of blindness among adults aged 20–74 years, with diabetic retinopathy causing 12,000 to 24,000 new cases of blindness each year. Diabetes is also the leading cause of kidney failure, and accounts for more than 60% of nontraumatic lower-limb amputations.

An early warning of diabetes development is metabolic syndrome – a new phrase used to describe a cluster of conditions including high blood pressure, high cholesterol, abdominal obesity, and high blood sugar (pre-diabetes). This syndrome affects at least one out of every five overweight people. Metabolic syndrome is increasing among American adults and could lead to further increases in diabetes and heart disease. Once detected, all of the conditions associated with metabolic syndrome can be managed or reversed.

The metabolic syndrome (also referred to as "insulin resistance syndrome" and "syndrome X") is serious, because its components can lead to complications including hardening of the arteries and an increased risk for cardiovascular and kidney disease.

Because pre-diabetes and the conditions of metabolic syndrome may not exhibit symptoms, blood sugar testing and other screening procedures are vital for diabetes prevention and detection. Our pharmacy offers comprehensive screening services.

According to the American Diabetes Association, dietary changes and exercise may delay or completely prevent the development of type 2 diabetes. In fact, research from Glasgow University

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about Diabetes.**

24 million Americans have diabetes (Continued)

shows that even 30 minutes of daily moderate exercise such as walking could reduce the risk for developing type 2 diabetes.

Managing Diabetes

A healthy diet in combination with regular exercise is the best way to manage diabetes once it develops. Let's take a look at these treatment options for diabetes.

Diet: People who suffer from diabetes must pay close attention to their diet, restricting refined sugars and eating a healthy balance of proteins, whole-grain breads, and fruits and vegetables.

Exercise: Regular exercise promotes proper function of all body systems and stimulates weight management, both of which are important for diabetic patients. While most doctors recommend 30 minutes of daily aerobic exercise like walking, researchers now think that strength-training, in addition to regular aerobic exercise, may be more effective in controlling insulin levels than walking alone.

Weight Management: Overweight diabetic patients should talk to their doctor or pharmacist about a weight loss program, since studies show that even modest amounts of weight loss can help to lower blood sugar levels in patients with type 2 diabetes.

Research has also shown that a number of other nutrients and herbs may help to control blood sugar or promote healthy circulation in diabetes. Along with lifestyle changes, medically supervised intake of nutritional supplements may be helpful for support of maintaining healthy blood sugar levels. Our pharmacist will be able to suggest a complete multivitamin and mineral supplement with added health specific ingredients designed to deliver many of the nutrients, herbs, and antioxidants known to support healthy blood sugar levels.

These may include:

- **Chromium** is an essential trace mineral that plays a significant role in sugar metabolism and insulin function.
- **Bitter Melon** (momordica) is an herb found to be useful in supporting healthy blood sugar levels.
- **Lipoic acid and Coenzyme Q10** - play important roles as antioxidants in preventing oxidative damage due to improper sugar metabolism.
- **Magnesium, zinc, manganese, vanadium and selenium** are minerals that play essential roles in activating enzymes which are used in the metabo-

lism of glucose and other carbohydrates.

- **Niacin (vitamin B3)**, and its complement niacinamide, plays an important role in fat, cholesterol, and carbohydrate production. It is one of the essential GTF factors.
- **Vitamin C** is an important antioxidant which may help prevent some eye complications by decreasing a sugar-like substance called sorbitol which tends to accumulate in the in the cells of diabetics.
- **Essential Fatty Acids** – In addition to GLA and omega-3, Conjugated linoleic acid (CLA) a slightly altered form of the essential fatty acid linoleic acid may help with insulin regulation.

You should always seek the advice of your pharmacist before supplementing, because certain supplements may dangerously interact with your medications. Call us to set up a natural healthcare evaluation and medication review with our pharmacist.

Diabetes Management and Control

People with diabetes can take steps to control the disease and lower the risk of complications, such as:

- Talk to your health care provider about how to manage your blood glucose (A1C), blood pressure and cholesterol.
- Learn about what constitutes a healthy diet and proper portion sizes.
- Engage in physical activity for 30 – 60 minutes on most days of the week.
- Stay at a healthy weight.
- Check your blood glucose and take medicines the way your doctor tells you to.
- Get routine care. See your health care team at least twice a year.