Health&Fitness Weekly Wellness Message

November is American Diabetes Month, a time to communicate the seriousness of diabetes and the importance of diabetes prevention and control. With nearly 26 million children and adults in American living with diabetes, and another 79 million at high risk for developing type 2 diabetes, the disease is taking a devastating physical, emotional and financial toll on our country. Despite this, most Americans don't consider diabetes a serious matter unless they are directly affected by the disease. Even still, many people may not have access to blood sugar testing to know whether diabetes may be in their future.

Recent numbers by the Centers for Disease Control and Prevention paint a grim situation of where we are at, and where we are headed as a country:

- Every 17 seconds, someone is diagnosed with diabetes.
- Diabetes kills more people each year than breast cancer and AIDS combined.
- Recent estimates project that as many as 1 in 3 American adults will have diabetes in 2050 unless we take steps to Stop Diabetes.

Stopping Diabetes Starts Now. Won't you join the American Diabetes Association and pledge the following: ***I Raise My Hand to Stop Diabetes®*** You have the power to prevent and control diabetes. If you already have diabetes, work to lower your risk of serious complications. You can lessen your risk for complications by managing your ABC's:

- Ask about your A1C (a test which indicates overall blood sugar control)
  - Get your A1C checked at least twice a year
  - Talk with your MD about your A1C goal (less than 6.5 or 7)
- Beware of your blood pressure
  - Target blood pressure of less than 130/80
- Check your cholesterol
  - Target LDL (bad cholesterol) less than 100 (70 with diagnosed heart disease)
  - Ideal HDL (good cholesterol) for men is above 40 and above 50 for women
  - Target Triglycerides of 150 or less

Knowledge is power and one of the best ways to **STOP DIABETES** is through education and knowing your risks for developing the disease so that you can take action. You're at increased risk for diabetes if:

- You are overweight
- A parent, brother, sister has diabetes

- You are African American, Hispanic/Latino, Native American, Asian American or Pacific Islander
- You had a baby weighing more than 9 pounds or had gestational diabetes
- You have high blood pressure
- You have low HDL ("healthy" or good cholesterol)
- You have high triglycerides

You can prevent or delay the onset of type 2 diabetes through a healthy lifestyle. Change your diet, increase your level of physical activity, maintain a healthy weight…with these positive steps, you can stay healthier longer and reduce your risk of diabetes. To learn more about prediabetes, click on the following link: http://www.diabetes.org/diabetes-basics/prevention/pre-diabetes/

To take an interactive Diabetes Risk Test click here:
http://www.diabetes.org/diabetes-basics/prevention/diabetes-risk-test/?utm_source=WWW&utm_medium=DropDownDB&utm_content=RiskTest&utm_campaign=CON

Won't you take a few minutes to know your blood glucose number!!!
Even better, how about a FREE glucose check for you, a family member, or a friend???

To help customers find out if they may be at risk for diabetes, select Walgreens stores across the country will offer free blood glucose testing during National Diabetes Month this November. **Free** blood glucose testing will be available in 33 states and Washington, D.C. with a coupon through November. A coupon for the test, a $20 value, can be found in each store and in Walgreens weekly ad in many Sunday newspapers. To find the nearest Walgreens offering this service, visit the store locator at http://www.walgreens.com/findastore and check the "health tests" box, or call 1-877-W-and-YOU (1-877-926-3968).

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