

## *American Diabetes Association “Sounds the Alert” on March 24<sup>th</sup>*

March 16, 2009 - Diabetes has become the greatest public health crisis of the next quarter century. To address the burden of this disease, the American Diabetes Association (ADA) is issuing an urgent call-to-action for Americans to find out their risk for type 2 diabetes during the 21st Annual American Diabetes Alert Day.

Nearly 6 million Americans have diabetes, but don't even know it. Another 57 million Americans have pre-diabetes, placing them at increased risk for developing type 2 diabetes.

On American Diabetes Alert Day, held annually on the fourth Tuesday in March, the American Diabetes Association encourages people who are overweight, physically inactive, and over the age of 45 years to take the **Diabetes Risk Test**. The Diabetes Risk Test requires users to answer simple questions about weight, age, family history and other potential risk factors for type 2 diabetes. The Diabetes Risk Test will show users whether they are at low, moderate, or high risk for pre-diabetes or diabetes.

Among the primary risk factors for type 2 diabetes are being overweight, sedentary, over the age of 45 and having a family history of diabetes. African Americans, Latinos, Native Americans, Asian Americans and Pacific Islanders are at an increased risk, as are women who have had babies weighing more than nine pounds at birth.

Unfortunately, people with type 2 diabetes can live for years without realizing that they have the disease. While people with diabetes can exhibit noticeable symptoms, such as frequent urination, blurred vision and excessive thirst, most people diagnosed with type 2 diabetes do not show these overt warning signs at the time that they develop the disease. Often, type 2 diabetes only becomes evident when people develop one or more of its serious complications, such as heart disease, stroke, kidney disease, eye damage, or nerve damage that can lead to amputations.

The American Diabetes Association is leading the fight against the deadly consequences of diabetes and fighting for those affected by diabetes. The Association funds research to prevent, cure and manage diabetes; delivers services to hundreds of communities; provides objective and credible information; and gives voice to those denied their rights because of diabetes. Founded in 1940, our mission is to prevent and cure diabetes and to improve the lives of all people affected by diabetes.

To obtain a copy of the Diabetes Risk Test or for more information about diabetes, please visit [www.diabetes.org/alert](http://www.diabetes.org/alert) or call 1-800-DIABETES. You may also stop at the Deckerville Community Hospital front admitting lobby to pick up your free copy.