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Millions of Americans Have Diabetes and Don't Even Know It
TMHD Encourages Residents to Know Their Risk

Are you at risk for Diabetes? Have you been recently diagnosed with this disease? Do you know someone who is struggling to control high blood sugar? In observance of Diabetes Alert Day (March 22), the Trumbull Monroe Health District (TMHD) and the National Diabetes Education Program (NDEP) are encouraging people to take NDEP's Diabetes Risk Test to find out if they are at risk for developing type 2 diabetes.

Nearly 26 million Americans have diabetes. It is estimated that nearly one-third of the people with diabetes do not know that they have the disease. An estimated 79 million adults are estimated to have pre-diabetes, placing them at increase risk for developing the disease.

“Diabetes is a serious disease, particularly when it is left undiagnosed or untreated,” said Patrice Sulik, TMHD Director of Health. “Everyone should be aware of their risk. If you have a parent, brother or sister who has been diagnosed with diabetes, or was diagnosed during pregnancy with gestational diabetes, then you need to know that you are at risk.”

Diabetes mellitus, the seventh leading cause of death in the United States, is a disease caused by a deficiency of insulin, which is a hormone secreted by the pancreas, or by the body's inability to utilize insulin. Diabetes is classified into two main types: Type 1 and Type 2. Type 1 diabetes

(insulin-dependent) may account for 5% of all diagnosed cases of diabetes and most often occurs during childhood or adolescence. Type 2 diabetes (no-insulin dependent) is the most common type, affecting 90-95% of those with diabetes. Type 2 diabetes usually occurs after age 40.

Symptoms of diabetes include:

- Frequent urination
- Excessive thirst
- Unexplained weight loss
- Extreme hunger
- Sudden vision changes
- Tingling or numbness in hands or feet
- Feeling very tired much of the time
- Very dry skin
- Sores that are slow to heal
- More infections than usual.

If you are age 45 or older, you should be tested for diabetes every three years. Also, obesity, inactivity, heredity and other factors can place you at increased risk. Early diagnosis and treatment can help or delay serious complications from diabetes, including heart disease, blindness and kidney failure.

To learn more about the NDEPs Diabetes Risk Test visit

<http://ndep.nih.gov/resources/ResourceDetail.aspx?ResId=252>

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The mission of the Trumbull Monroe Health District is to protect the health of residents, and to prevent disease. For more information on the Trumbull Monroe Health District call 452-5195, Monday through Friday from 8:30 a.m. – 4:30 p.m. or visit us on the web at www.tmhd.org.