



HEALTH AWARENESS

Simple Steps To Preventing Diabetes And Heart Disease

(NAPSA)—Small steps can make a big difference, especially when it comes to cutting your risk for type 2 diabetes and heart disease. Although a recent survey from the American Diabetes Association (ADA) found that 1 in 5 Americans 40 years and older think that it's "too hard" to make health related lifestyle changes, it's easier than you might think.


Today, more than 1 in 5 Americans live with diabetes and more than half a million people die each year from heart disease. Fortunately, you can help lower your risk with the help of a new program from the ADA.

The program, CheckUp America, suggests small, simple steps Americans can take to lower their risk for these deadly diseases.

"The diabetes crisis facing America warrants renewed efforts to educate both people and physicians about the risk factors associated with type 2 diabetes and heart disease," said John Buse, M.D., Ph.D., President-Elect, Medicine & Science, American Diabetes Association. "CheckUp America is working to provide information and tools to help at risk individuals take necessary action to reduce disease risk and live a healthier life."

Research shows there are several health problems that raise one's risk for type 2 diabetes and heart disease. These include high blood glucose, cholesterol, high blood pressure, smoking and not exercising. Preventing type 2 diabetes and heart disease starts with a visit to your doctor.

CheckUp America

Know Your Risk, Lower Your Risk
for Diabetes and Heart Disease 

Once you know your risk for diabetes and heart disease, you can act to lower it. A few simple steps can help.

CheckUp America has launched a nationwide print, TV and radio campaign encouraging people to get a regular checkup and ask about their risk. Once you know your risk, you can take steps to lower it. CheckUp America is also creating an online risk calculator called My Health Advisor. My Health Advisor will very accurately assess risk for type 2 diabetes, heart disease, stroke and death, and show how small steps can go a long way to lower risk. For example, losing just 5 to 7 pounds can make a big difference.

A new brochure, "Diabetes, Your Heart & Your Health," can help you learn more about your risk and help you take steps to lower it. For more information or to get a free copy, call the ADA at (800) DIABETES (342-2383), email AskADA@diabetes.org or visit www.CheckUpAmerica.org.

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