

Diabetes & You

Leveling The Playing Field For People With Diabetes

(NAPSA)—Nearly 24 million Americans have diabetes and even more people are at risk of getting the disease. Diabetes can be treated, but if it's not managed well, it can cause serious health problems.

The Merck Company Foundation launched the Alliance to Reduce Disparities in Diabetes to help people living with diabetes, or likely to get the disease, take better care of their health.

"There are so many challenges for our friends and neighbors who are living with diabetes," said Dr. Noreen Clark, director, University of Michigan's Center for Managing Chronic Disease, and director, Alliance National Program Office. "Communities across the country are working to overcome these challenges to make sure that, no matter how much money you have or where you live, you can get the help you need."

Making simple changes to your lifestyle can help prevent or postpone diabetes. Managing your diabetes well can prevent serious complications from the disease. The Alliance to Reduce Disparities in Diabetes offers these tips to help you.

Change old habits. Look for a health care provider who can help you find ways to take care of yourself that work for you. He or she can help you learn how to live better by eating foods that are familiar and taste good to you and your family. A good health care partner can help you incorporate exercise into what you already do every day.

Connect with doctors who make you feel comfortable. You



It's estimated that over 24 million Americans have diabetes. Unfortunately, not everyone has access to quality care.

deserve to work with doctors and nurses who want to make you feel welcome and comfortable. You should have a relationship with your doctor that makes it easy to ask questions and learn more about diabetes and your health.

Learn from your neighbors. Your friends, family and neighbors might be managing diabetes, too. Learn from each other what works when it comes to living a healthy lifestyle.

Talk about diabetes. Visit www.alliancefordiabetes.org to learn more about how the Alliance is working to make it easier to improve your health and manage diabetes.

The Alliance to Reduce Disparities in Diabetes initiative is supported by The Merck Company Foundation, including grants in five communities: Camden, N.J.; Chicago, Ill.; Dallas, Texas; Memphis, Tenn.; and the Wind River Indian Reservation, Wyo.