

MEN'S HEALTH

A Modern Approach To Managing Diabetes

(NAPSA)—Many men with diabetes could help their health if they learn more about their disease. Too often, many are not aware of many of the numerous health issues associated with diabetes. The American Diabetes Association recommends men manage their diabetes by monitoring blood glucose, blood pressure and cholesterol and also eating right, being physically active, maintaining a healthy weight, not smoking (or quitting smoking) and getting regular checkups.

“Men with diabetes are at increased risk for complications such as heart attack, stroke, kidney disease and blindness. Many may not be aware that they are also at increased risk for other conditions that can affect their physical, emotional and sexual health,” said Richard M. Bergental, M.D., Vice President, Medicine & Science, American Diabetes Association.

What Are The Risks?

- Of the nearly 24 million Americans diagnosed with diabetes, 12 million of them are men.

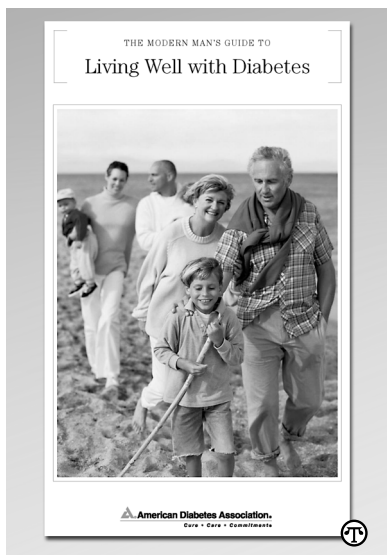
- Risk factors for developing type 2 diabetes include men who are over 45 years old, are overweight, have an ethnic background that is African American, Latino/Hispanic American, Native American, Asian American or Pacific Islander and have a previous family history of diabetes.

- Men with diabetes are more likely to have other health conditions such as heart disease, sleep apnea and depression and problems with sexual health, including erectile dysfunction (ED) and low testosterone.

- According to a recent survey, only 30 percent of men surveyed claimed to know “a lot” about their diabetes. Nearly half the men and their spouses reported feeling less connected, and more than 30 percent of men and their wives reported more arguments.

What Resources Are Available?

The American Diabetes Association's enhanced men's health



Web site (www.diabetes.org/menshealth) offers a variety of resources specifically for men to help them better appreciate the importance of adopting a more comprehensive, or modern, approach to managing diabetes.

Men who would like to learn more can call 1-800-DIABETES or visit diabetes.org/menshealth for a free copy of *The Modern Man's Guide To Living Well With Diabetes*, which addresses:

- The “modern man” approach to managing diabetes;
- Complications associated with diabetes;
- The impact of diabetes on men's physical, sexual and emotional health.

TRUE OR FALSE?

1. Men with diabetes are at risk for increased sexual conditions like low testosterone and erectile dysfunction.
2. When 1,000 men with diabetes were surveyed, more than half admitted that they do not manage their diabetes well.
3. Being overweight is not a risk factor for type 2 diabetes.
4. Men with diabetes are at risk for emotional issues like depression, which can affect their ability to manage their diabetes.

Answers: True, True, False, True.

