

Health Awareness



Diabetes And Hypertension

(NAPSA)—Here are two medical facts where connecting the dots should not be hard. Fact one: 21 million Americans over age 65 have diabetes or prediabetes. Fact two: 60 percent of people with diabetes also have hypertension.

In fact, seniors with diabetes are two to four times more likely to have hypertension, a potentially fatal combination. And while all people over 60 are at an increased risk for diabetes, it is even more common among African Americans, Latinos, Native Americans, Asian Americans and Pacific Islanders.



Lifestyle changes can reduce the risk of developing diabetes by 71 percent.

To help people cope with and prevent these two conditions, the National Council on Aging (NCOA) is leading a community by community effort to educate people about them. With support from Novartis Pharmaceuticals, NCOA's Connect the Dots: Diabetes and Your Heart campaign helps older adults understand the risk factors for both, the links between them and Medicare prevention benefits that can help.

For a checklist of risk factors and symptoms, visit www.ncoa.org/connectthedots. For more information on Medicare Preventive Benefits, visit www.medicare.gov.