

HEALTH ALERT!

Report Says America's Diabetes Health In Jeopardy

(NAPSA)—Despite recommendations for early diagnosis and aggressive treatment of type 2 diabetes, a first-of-its-kind report reveals that Americans with type 2 diabetes still struggle with blood sugar control.

According to the “State of Diabetes in America” Report, from 2003 to 2004, two out of three people analyzed in a study of more than 157,000 patients failed to meet a recommended blood sugar target. This means they are not doing a good job keeping their blood sugar controlled—an important part of overall diabetes management.

The Report was issued by the American Association of Clinical Endocrinologists (AACE). These diabetes treatment experts say it is critical that more be done to help type 2 diabetics better manage their disease.

“Type 2 diabetes is of urgent concern and these findings must serve as a wake-up call for America that more needs to be done to help lower blood sugar levels across the country and ultimately, manage this epidemic,” said Bill Law, Jr., MD, FACP, FACE, President of AACE.

More than 18 million Americans are affected by diabetes. Type 2 diabetes, the most common form of diabetes, accounts for 90 to 95 percent of all diagnosed diabetes cases.



Majority Miss Blood Sugar Target

The Report revealed that 67 percent of people analyzed in the study did not reach the AACE-recommended A1C test goal of 6.5 percent or less—putting them at greater risk for developing serious diabetes-related complications, such as stroke, heart attack, blindness, kidney failure and loss of limbs. The A1C test, typically taken in a healthcare professional's office, measures a person's average blood sugar levels over the previous two to three months. It complements the daily blood sugar monitoring that type 2 diabetics conduct on their own.

The study also showed that there is significant room for improvement in diabetes management as the majority of people studied in every state, including the District of Columbia, were not in control of their blood sugar levels.

Make a Promise— Take Control!

In response to these findings, AACE has launched “State of Diabetes in America: Striving for Better Control,” a public awareness campaign designed to improve diabetes management in the U.S. Join other type 2 diabetics who are taking an “oath” to better manage diabetes by following these recommendations:

- Seek early intervention to significantly reduce the risk of diabetes-related complications.
- Learn more about diabetes because the more you know, the better chance you have of living a healthier life. Education is critical.
- Set goals and test your blood sugar regularly. Know your numbers—especially your A1C number.
- Develop a meal plan, exercise regularly and take your medicine(s) as prescribed by your doctor.
- Talk to your doctor or other healthcare professional about your treatment plan and whether adjustments, including adding medicine(s), can help you better control your blood sugar.
- Ask for support from your family and friends. They can help you keep on track!

To take the oath, learn more and register to receive a free diabetes-friendly cookbook, type 2 diabetics should visit www.stateofdiabetes.com or call (800) 704-4694.

Note to Editor: Data for the Report were provided by Surveillance Data Inc. (SDI), the leading provider of real-time localized illness tracking and modeling data to the healthcare industry. GlaxoSmithKline has provided funding and other support to AACE for the “State of Diabetes in America: Striving for Better Control” campaign.