



HEALTH AWARENESS

Diabetes: What To Do If You Are At Risk

(NAPSA)—Each day approximately 2,000 Americans are diagnosed with diabetes, according to the American Association of Diabetes Educators. Of the 18 million Americans with diabetes, however, nearly six million don't even know they have the disease.

It's easy to see that diabetes is a growing problem, but for the 41 million people at risk, it's hard to know where to begin when it comes to identifying, diagnosing and controlling the disease. While it is a life-changing disease, with proper care and early detection, it can be managed and even prevented.

Here are a few symptoms:

- Frequent urination
- Excessive thirst
- Extreme hunger
- Unusual weight loss
- Increased fatigue
- Irritability
- Blurry vision

The key to proper diagnosis is getting tested. There are several screenings someone at risk for diabetes should have, including blood sugar, cholesterol and blood pressure checks.

Often you can find special programs that provide free diabetes screenings. In particular, the "Diabetes Aware & Care" event held at Wal-Mart and SAM'S CLUBS nationwide, where customers can receive free in-store health screenings along with product samples. A resource guide reviewed by the American Association of Diabetes Educa-



GET TESTED FOR DIABETES—Once diagnosed, this condition can be managed and controlled.

tors with helpful tips about blood sugar monitoring, meal planning and exercise will be available in-store and online.

"Here at Wal-Mart, as part of our commitment to healthy living, we're proud to offer our customers diabetes education, resources and products to help manage and prevent the disease," said Art Alderson, vice president of pharmacy.

Once diagnosed, a health care team, which often includes a doctor, diabetes educator and pharmacist, can help those with diabetes learn how to manage their condition.

To learn more about the "Diabetes Aware & Care" event and managing diabetes visit www.walmart.com. For a personalized meal and fitness plan, log on to Glucerna.com. To find a diabetes educator, go to www.diabeteseducator.org.