

VETERAN news & notes

Veterans And Diabetes

(NAPSA)—Veterans returning from active-duty service may soon face another battle. They may find themselves among the 17 million Americans currently diagnosed with diabetes or the 20 million not yet diagnosed.

Researchers at Ohio University warn veterans returning home from active-duty military service to avoid foods high in fats and carbohydrates and exercise regularly.



“After serving in the military, many veterans want to come home and relax. They aren’t as physically active anymore and they often eat a lot of fast food or food with a lot of carbohydrates. Trouble is, these are precisely the kinds of behaviors that can pave the way for type 2 diabetes,” said Andrew Razzano, an undergraduate researcher at Ohio University. He is using a grant from AMVETS, a national veteran service organization, to study diabetes risk factors in veterans.

“Researchers have suspected for years that type II diabetes may be service-connected, particularly among Vietnam veterans,” said AMVETS National Commander William A. Boettcher. “This makes diabetes research a priority for our organization.”

To learn more about AMVETS visit amvets.org.