

Health Bulletin



Americans Concerned About Developing Diabetes; Remain Optimistic About Finding Cure

(NAPSA)—Today more Americans than ever before are living with diabetes, and nearly 50 percent of Americans are concerned that they may develop diabetes according to a recent survey conducted by Equal® sweetener.

Each year one million new cases of diabetes are diagnosed, adding to the 17 million people currently living with this disease. One-third of those 17 million people remain undiagnosed.

According to the survey, women are more likely than men to be concerned about developing diabetes (52 vs. 48 percent). African Americans are more likely than Caucasians (67 vs. 46 percent) to be concerned. Those ages 35 to 44 also are more likely to be concerned about developing diabetes than those 65 plus (53 vs. 42 percent).

“Diabetes is a serious and chronic disease that is clearly an epidemic,” said Karmeen Kulkarni, MS, RD, BC-ADM, CDE, diabetes expert and 2002 recipient of the American Diabetes Association (ADA) Outstanding Educator in Diabetes Award. “However, most people don’t realize there are simple things they can do to help support those who have diabetes.”

When it comes to knowing and helping others with diabetes, the survey showed seven out of every 10 people know someone who has diabetes, but less than a third of those people are doing anything to help the people they know manage the disease.

Maintaining a healthy lifestyle has long been regarded by the ADA as playing an integral role in the long-term management of diabetes.

“Family and friends have the opportunity to be a strong support system for a person living with diabetes,” said Kulkarni. For example, Kulkarni suggests offering to take a friend or loved one to their regular doctor’s visit, and then planning a walk or other moderate exercise afterward.

Additional tips include:

- **Ask questions.** Show support by taking the time to ask your friends or loved ones about their daily routines, emotions and how they feel.
- **Read up.** Try to stay on top of the latest information on diabetes. It will help you better understand what your friends or loved ones go through, dealing with diabetes every day.
- **Do lunch.** Invite a friend over for a picnic lunch—inside or out. Keep sugar in check by replacing sugar in beverages and recipes with a low-calorie sugar substitute like Equal® sweetener.
- **Be physically active.** When planning activities together, work in a few that incorporate moderate exercise, like walking.
- **Listen.** Sometimes just being there, as a supportive ear, can make a world of difference to someone with diabetes.



“Remember to check blood glucose levels before and after exercise and carry a source of carbohydrate like a mini-juice box or an orange,” Kulkarni adds.

To help manage one’s food choices, Kulkarni recommends substituting a low-calorie sugar substitute in recipes calling for table sugar. “Low-calorie sugar substitutes, like Equal, provide the same great taste without adding all the calories of table sugar,” said Kulkarni.

In terms of a cure for diabetes, 80 percent of those surveyed believe it is likely that scientists and researchers will find a cure for diabetes in the next twenty years, and more than two-thirds said they would like to help find a cure.

For more than 10 years, Equal® sweetener has been committed to working with the American Diabetes Association to find a cure for diabetes. For more information about how Equal® sweetener supports the ADA, and how you can help, visit www.equal.com. For more information about diabetes, call 1-800-DIABETES or visit www.diabetes.org.