
Health Hints

The Do's And Don'ts Of Diabetes Management

(NAPSA)—Every 40 seconds another American is diagnosed with diabetes. The disease currently affects 16 million Americans, half of whom may not even know they have the disease.

People with this disease do not produce or cannot properly use insulin, the hormone needed to convert sugar, starch and other foods into needed energy.

There are two types of diabetes. In type 1, the autoimmune system destroys its own insulin-producing cells.

This type is usually diagnosed in childhood and requires the self administration of insulin on a daily basis.

Type 2 usually appears later in life but is now striking younger people in significant numbers. According to recent studies, type 2 diabetes has increased by 70 percent in people in their 30s.

While the cause of diabetes remains unknown, more is known about how to manage the disease and prevent many of its complications.

Here are a few do's and don'ts of diabetes management from PacifiCare Health Systems:

Do keep blood cholesterol levels down by eating less saturated fat. Eat more vegetables and fish dishes. Moderate the sugar, salt and sodium in your diets.

Do take part in physical activity, which can decrease the risk for cardiovascular disease. People with diabetes are more prone to heart disease.

Do control your blood pressure. Test your blood pressure at your doctor's office and if it's high, try reducing your weight or cutting salt from your diet.

Don't let stress get you. Find a



Much more is known about how to manage type 2 diabetes and prevent complications.

way to reduce stress such as regular exercise.

Don't smoke. The nicotine in cigarette smoke causes blood vessels to narrow, which increases the risk of a heart attack.

Do watch your alcohol intake. People with diabetes may drink moderate amounts of alcohol if not contraindicated by any medication they take.

PacifiCare Health Systems has been a leader in promoting the management of type 2 diabetes through diet, exercise and self-care.

They recently established a partnership with the American Diabetes Association that includes a \$1.5 million grant to support the Association's Research Foundation. They also launched an Internet-based continuing education program for doctors focusing on diabetes-management techniques and a research partnership with the UCLA School of Medicine to develop diabetes out-reach programs.

For more information, see your doctor or visit www.PacifiCare.com.