



# HEALTH AWARENESS

## The Power Of Prevention

(NAPSA)—More and more people are embracing the notion that health care prevention plays a major role in deterring disease.

Staying in shape and watching what you eat can prevent many diseases—and that includes endocrine-related disorders such as diabetes, thyroid disorders, osteoporosis, obesity and conditions related to numerous glands and hormones.

A comprehensive, free resource designed to educate patients about ways to successfully manage their conditions is now available to the consumer.

The patient-friendly magazine published by the American College of Endocrinology (ACE) features articles written mostly by expert endocrinologists with years of clinical experience. Articles feature useful health information and tips for lifestyle management. Nearly a million copies of the publication, *Power of Prevention*®, are currently in circulation.

The inaugural issue was devoted to thyroid dysfunction, which affects 27 million Americans, while the second focused on the diabetes epidemic.

According to former ACE president Dr. Donald Bergman, “The *Power of Prevention*® initiative is designed to give patients the tools and information to know what to ask and expect from their health care providers during their visit.”

The third issue will tackle the national epidemic of obesity by defining the condition, dispelling myths about weight loss, discussing various treatment options and highlighting the benefits of living a healthy lifestyle.

The issue will focus on the fact that obesity is a biological, preventable and treatable disease.



**The obesity issue of *Power of Prevention*® magazine covers Julie Hadden, former contestant on “The Biggest Loser,” in her daily struggles to maintain balance between family, fame and her new healthy lifestyle.**

As a disease, it is at the core of many other chronic illnesses—type 2 diabetes, diseases of the heart and cardiovascular system, some types of cancer, depression, arthritis, disordered breathing, deconditioning and gastrointestinal disorders.

Obesity is not a condition, a character flaw, a consequence of poor willpower or anyone’s fault. Contributing factors to obesity include heredity and one’s environment. Making positive lifestyle changes can help a person achieve a healthier weight, and the issue will offer helpful, practical advice.

The publication can be found in any local endocrinologist’s office. An online version is available for downloading at [www.powerofprevention.com](http://www.powerofprevention.com).

Subscriptions are also available by e-mailing [subscribe@powerofprevention.com](mailto:subscribe@powerofprevention.com) or by calling (904) 353-7878.