

Obesity: Leading The Way To Diabetes

(NAPSA)—In the United States, waistlines are continuing to expand, and so is the number of individuals developing diabetes and pre-diabetes. Diabetes is no longer considered a “stand alone” disease. Research continues to uncover links between diabetes and a number of related diseases and conditions such as heart disease, stroke, impotence, and blindness.

While awareness of the damaging effects of diabetes continues to increase, behaviors seem to remain unchanged. Obesity is on the rise: 9 out of 10 newly diagnosed type 2 diabetes patients are clinically overweight. Over 60 million Americans are overweight, with 78 percent not meeting basic activity recommendations.

However, research continues to show type 2 diabetes can be delayed or even prevented by maintaining a healthy weight and remaining physically active.

“We know obesity is related to diabetes, and there are a number of ways to help prevent the onset of the disease,” said Rite Aid Pharmacist Sarah Matunis, R.Ph. “Modest changes to your physical fitness level and diet are two of the best ways you can help maintain better control of your diabetes or prevent its development all together.”

While diabetes is linked to heredity and age, physical activity and weight loss can lessen your chances of developing diabetes and can help control the disease. Physical activity and weight loss also lower cholesterol and blood pressure, reducing the risk of developing strokes and heart dis-



ease. Two out of three people with diabetes actually die from either heart disease or stroke, making prevention even more important.

Maintaining a healthy diet and physical fitness are key to avoiding the risks associated with diabetes. However, many individuals feel overwhelmed by the idea of changing their diet or beginning to exercise. Matunis recommends consulting a dietician, pharmacist or other health care professional for help.

To help fight diabetes, Rite Aid pharmacists are trained on diabetes management and treatments and will work one-on-one with you to answer any questions. Don't delay, learn more about diabetes today! If you already have diabetes, be sure to see your Rite Aid pharmacist and pick up the Diabetes Health Organizer, a tool to help you manage your diabetes.

For more information on diabetes, to find the location of the nearest Rite Aid or to Ask the Pharmacist, visit www.riteaiddiabetes.com.