



Wellness by the Month

American Diabetes Month

21 million people in the US have diabetes and nearly one-third don't know it!

Diabetes is more common in African Americans, Latinos, Native Americans, Asian Americans or Pacific Islanders. If you have not been diagnosed with diabetes but have one or more of the following risk factors:

- obesity
- inactivity for a long period of time
- high blood glucose
- family history of diabetes
- aged 65+

You may want to take the diabetes risk assessment test (1 minute long) at:

<http://www.diabetes.org/risk-test.jsp> and/or make an appointment with your physician.

Diabetes and Heart Disease

Managing your blood pressure is as important as managing blood sugar for a diabetic. Do you know what your blood pressure is? If you have high blood pressure, make sure you exercise, eat healthy, and take your medication. If you do not know your blood pressure, please get it checked.

Screenings

Make sure you have had or will have the following **screenings** this year and every year:

- a dilated retinal (eye) exam
- Hemoglobin A1C test (average blood sugar)
- dental exam to check teeth and gums - tell your dentist you have diabetes
- flu shot
- urine and a blood test to check for kidney problems
- complete foot exam

If you are a diabetic, take time in November to make sure you are up-to-date on all of your screenings and are properly taking care of yourself.