

# Sixteen Million Americans Have Diabetes, 1 Out of 3 Does Not Know It!

What is Diabetes?	Are You at Risk for Diabetes?																																									
<p>Diabetes means there is too much sugar in the blood. It is a disease in which the body can't use food the way it should. In people without diabetes, a natural hormone called insulin helps to turn the food into energy. When a person has diabetes, the body doesn't make enough of its own insulin or doesn't use it well. The sugar in the blood then becomes too high. Over time, high blood sugar can cause blindness, nerve, kidney and heart disease and severe problems with the feet and legs.</p>	<p>1. Write in the points next to each statement that is true for you. 2. If a statement is not true, write in zero. 3. Add your total score.</p>	<p><u>Points</u></p>																																								
<p><b>Could You Have Diabetes?</b></p> <p>Diabetes is a quiet disease that often goes undiagnosed for many years. Every minute at least one person is found to have diabetes.</p> <p>You may be at risk to develop diabetes if you:</p> <ul style="list-style-type: none"> <li>• Are over 40 years old</li> <li>• Are overweight</li> <li>• Are inactive</li> <li>• Are African American, Hispanic/Latino, Asian or Native American</li> <li>• Have a family history of diabetes</li> <li>• Have high blood pressure (140/90 or more)</li> <li>• Had diabetes when you were pregnant</li> <li>• Delivered a baby weighing more than 9 pounds</li> <li>• Have low HDL cholesterol (less than 35)</li> <li>• Have high triglycerides (more than 250)</li> <li>• Have had impaired glucose tolerance in the past</li> </ul>	<ul style="list-style-type: none"> <li>◆ My weight is equal to or more than that listed on the chart below..... _____ (5)</li> <li>◆ I am under 65 years old <u>and</u> get little or no exercise during a usual day..... _____ (5)</li> <li>◆ I am between 45 and 65 years old..... _____ (5)</li> <li>◆ I am 65 years old or older..... _____ (9)</li> <li>◆ I have given birth to a baby who weighed more than 9 pounds..... _____ (1)</li> <li>◆ I have a brother or sister with diabetes... _____ (1)</li> <li>◆ I have a parent with diabetes..... _____ (1)</li> </ul> <p style="text-align: right;">Total Score: _____</p>	<p><b>IF YOU SCORED 10 OR MORE POINTS:</b> You are at high risk for having diabetes. Only a doctor can tell if you have diabetes. See a doctor soon and find out for sure.</p> <p><b>IF YOU SCORED 3 – 9 POINTS:</b> You are probably at low risk for having diabetes <u>now</u>. But don't just forget about it, especially if you are a person of color. You may be at higher risk in the future. New data suggests all people over 45 should think about being tested every 3 years. People at high risk should be tested at a younger age.</p>																																								
<b>Don't Wait Until You Feel Sick!</b>	<b>At Risk Weight Chart</b>																																									
<p>Common symptoms of diabetes are listed below. But many people with diabetes may not feel any different. However, if you or a family member has any of these symptoms, you should call your doctor right away.</p> <ul style="list-style-type: none"> <li>• Unexplained weight loss</li> <li>• Skin or genital infections</li> <li>• Frequent thirst</li> <li>• Frequent urination</li> <li>• Fatigue</li> <li>• Blurry vision</li> <li>• Slow healing cuts</li> <li>• Numb or tingling feet</li> </ul>	<table style="margin: auto; border-collapse: collapse;"> <thead> <tr> <th style="text-align: center;">Height (no shoes)</th> <th style="text-align: center;">Weight (no clothes)</th> <th style="text-align: center;">Height (no shoes)</th> <th style="text-align: center;">Weight (no clothes)</th> </tr> </thead> <tbody> <tr><td style="text-align: center;">4'10"</td><td style="text-align: center;">129</td><td style="text-align: center;">5'7"</td><td style="text-align: center;">172</td></tr> <tr><td style="text-align: center;">4'11"</td><td style="text-align: center;">133</td><td style="text-align: center;">5'8"</td><td style="text-align: center;">177</td></tr> <tr><td style="text-align: center;">5'0"</td><td style="text-align: center;">138</td><td style="text-align: center;">5'9"</td><td style="text-align: center;">182</td></tr> <tr><td style="text-align: center;">5'1"</td><td style="text-align: center;">143</td><td style="text-align: center;">5'10"</td><td style="text-align: center;">188</td></tr> <tr><td style="text-align: center;">5'2"</td><td style="text-align: center;">147</td><td style="text-align: center;">5'11"</td><td style="text-align: center;">193</td></tr> <tr><td style="text-align: center;">5'3"</td><td style="text-align: center;">152</td><td style="text-align: center;">6'0"</td><td style="text-align: center;">199</td></tr> <tr><td style="text-align: center;">5'4"</td><td style="text-align: center;">157</td><td style="text-align: center;">6'1"</td><td style="text-align: center;">204</td></tr> <tr><td style="text-align: center;">5'5"</td><td style="text-align: center;">162</td><td style="text-align: center;">6'2"</td><td style="text-align: center;">210</td></tr> <tr><td style="text-align: center;">5'6"</td><td style="text-align: center;">167</td><td style="text-align: center;">6'3"</td><td style="text-align: center;">216</td></tr> </tbody> </table>		Height (no shoes)	Weight (no clothes)	Height (no shoes)	Weight (no clothes)	4'10"	129	5'7"	172	4'11"	133	5'8"	177	5'0"	138	5'9"	182	5'1"	143	5'10"	188	5'2"	147	5'11"	193	5'3"	152	6'0"	199	5'4"	157	6'1"	204	5'5"	162	6'2"	210	5'6"	167	6'3"	216
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Notes	<p><i>This chart shows unhealthy weights for people age 35 and older. If you weigh the same or more than the amount listed for your height, you may be at risk for diabetes. Weights are lower for people under age 35.</i></p>																																									