Diabetes Is On The Rise…
*And many Americans don’t know they have it.*

Diabetes is a disease in which the body either doesn’t produce insulin or doesn’t recognize it. Insulin is a hormone that helps convert sugar, starches, and other foods into energy. Most people who have diabetes have other problems, such as being overweight, having high blood pressure or having high cholesterol. Therefore, people with diabetes are generally at risk of developing heart disease or stroke.

According to the American Diabetes Association (ADA) 54 million Americans have pre-diabetes, a condition that precedes most cases of diabetes, and most of them don’t know they have it. The good news is that lifestyle changes can delay or prevent diabetes.

First, find out if you have pre-diabetes or are at risk for developing it by taking the ADA Risk Test. Go to www.diabetes.org/risk-test/text-version.jsp or ask your health professional.

If you are diagnosed with pre-diabetes, take these steps:
- Get moderate exercise 30 minutes 5 days a week.
- Lose 5% to 7% of your weight if you are overweight.
- Eat low-calorie, low-fat foods.
- Visit the National Diabetes Education Program’s (NDEP) Small Steps, Big Rewards, Prevent Type 2 Diabetes website for more details: www.ndep.nih.gov

*American Diabetes Association*

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**Treatment and Prevention of Foot Blisters** Conservative treatment is not to tear it, but apply ice then place a small donut (pad or cushion) around it until the irritation subsides. A good prevention is to always see that socks are tightly pulled up and place a small piece of athletic tape or Duct Tape over the area you usually get blisters to provide a layer of cushioning between the skin and what is causing friction.

*Common Running Injuries to Long Distance Runners*

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**November 20th – The Great American Smoke Out** *There’s more than one way to stop smoking.*

Get off to a successful start by preparing yourself now. Here’s how:

1. **Call your American Cancer Society for information on how to quit.**
2. **Consider using nicotine replacement therapy products.** Visit with your doctor or pharmacist for advice on what medications are best for you.
3. **Enlist support or get help.** Talk to your health care provider.
4. **Don’t keep your intention to quit a secret.** Include your friends and family in your quitting process; they can offer much needed support.
5. **Avoid places where smoking is permitted.**
6. **Quitting is hard, but don’t give up.** If quitting doesn’t work the first time…keep trying.

*American Cancer Society*

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**Caution: Feasting Season Ahead** “Maintain, no gain.” Eat a little before you go to a holiday gathering to temper your hunger. Be conscious of what you eat by trying an appetizer-sized helping of a dish instead of a full serving. Allow some treats for special days, and then get back to a healthy eating routine the next day. Always look for opportunities to move by taking a brisk walk or move around while you are on the phone. Keep in mind that celebrations are about family and friends-not food.

*WebMD*