



NEWS

MONTGOMERY COUNTY OFFICE OF COMMUNICATIONS
COURT HOUSE, NORRISTOWN, PA., BOX 311, 19404-0311

Lorie Slass, Director of Communications

Jessica Willingham, Public Relations Coordinator

PHONE (610) 278-3061 FAX (610) 278-5943

COMMISSIONERS: JOSH SHAPIRO, *Chair*

VALERIE A. ARKOOSH, MD, MPH, *Vice Chair*

JOSEPH C. GALE, *Commissioner*



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Information about American Diabetes Month from the Montgomery County Health Department *Leonard Olu Williams, MPH, CHES, Public Health Information Analyst*

Norristown, PA (November 4, 2016) – Diabetes is one of the leading causes of disability and death in the United States. It can cause blindness, nerve damage, kidney disease, and other health problems if it's not controlled. One in 11 Americans have diabetes – that's more than 29 million people. And another 86 million adults in the United States are at high risk of developing Type 2 diabetes. The good news is that people who are at high risk for Type 2 diabetes can lower their risk by more than half if they make healthy changes such as eating healthy, increasing physical activity, and losing weight.

How can American Diabetes Month make a difference?

People can use this month to raise awareness about diabetes risk factors and encourage others to make healthy changes. Here are just a few ideas:

- Encourage people to make small changes, like taking the stairs instead of the elevator.
- Talk to people about getting regular checkups. They can get their blood pressure and cholesterol checked, and ask their doctor about their diabetes risk.

People who think they might have diabetes must visit a physician for diagnosis. They might have some or none of the following symptoms: frequent urination, excessive thirst, unexplained weight loss, extreme hunger, sudden vision changes, tingling or numbness in hands or feet, feeling very tired much of the time, very dry skin, sores that are slow to heal, more infections than usual.

Three things to do for Diabetes Awareness Month:

1. Learn and share information about [diabetes](#) and [prediabetes](#).
2. Learn the most recent diabetes and prediabetes statistics in the [2014 National Diabetes Statistics Report](#).
3. Take the [Diabetes Risk Quiz](#) and learn more about preventing diabetes and its complications.

Resources:

1. [Diabetes Home \(CDC.gov\)](#)
2. [American Diabetes Association](#)
3. [www.HealthFinder.gov](#)