

Diabetes Q and A

Almost 57 million Americans have pre-diabetes, according to the American Diabetes Association (ADA). That is, their blood glucose levels are higher than normal but not yet high enough to be diagnosed as diabetes.

Although people with pre-diabetes haven't yet developed full-blown diabetes, they're still at risk because studies show that many people with pre-diabetes develop the condition within 10 years. They are also at higher risk for cardiovascular disease: The ADA says that people with pre-diabetes are 1-1/2 times more likely than people with normal blood sugar levels to develop heart disease.

"Fortunately, research has shown if you take action to manage your blood glucose when you have pre-diabetes, you can delay or prevent type 2 diabetes from ever developing," says Robert Rizza, M.D., a past president of the American Diabetes Association.

The following questions and answers from the ADA can help you understand your risks and your ability to prevent the disease from progressing.

Q: Could I have pre-diabetes and not know it?

A: Yes, people with pre-diabetes typically don't have symptoms. These are symptoms of diabetes: increased thirst, increased urination, blurred or changing vision, fatigue, and unexplained changes in weight. These symptoms may not appear until actual diabetes has developed.

Q: What might make me suspect that I have pre-diabetes?

A: The first indication is that you are overweight or obese. If you are obese, no matter what your age, or if you are overweight after age 45, you are at greater risk for pre-diabetes. High blood pressure, high cholesterol, or high triglycerides also put you at greater risk. A combination of excess weight, high triglycerides, high blood pressure, and higher than normal blood sugar levels is called metabolic syndrome. This condition is considered pre-diabetes.

Q: Why do I need to know if I have pre-diabetes?

A: You can reduce your risk of developing type 2 diabetes by 58 percent by losing 5 to 10 percent of your weight and exercising moderately for 30 minutes daily. Taking these steps early on can return elevated blood glucose levels to the normal range for some people.

Q: Who should get tested for pre-diabetes?

A: See your health care provider if you are younger than 45 and obese—meaning you have a body mass index of 30 or more. Your provider will check your blood pressure and cholesterol. If these are high, your provider will test you for pre-diabetes. If you're overweight or obese and age 45 or older, you should be checked for pre-diabetes.

If your weight is normal and you're over 45, you should ask your doctor during a routine office visit if testing is appropriate. No matter what your age, your provider may test you for pre-diabetes if you have these risk factors: a family history of diabetes, a history of gestational diabetes, or you are African American, Hispanic American, or Asian American.

Q: How often should I be tested?

A: As long as your blood sugar levels are normal, you should be checked every three years. If you are diagnosed with pre-diabetes, you should be tested for type 2 diabetes every one to two years.

"Diabetes is a serious, often life-threatening, medical condition that has reached epidemic proportions," says Dr. Rizza. "But because the disease can be prevented or delayed by making lifestyle changes in the pre-diabetes stage, we have some hope of turning this around."



Facts About Pancreatic Cancer

What is Pancreatic Cancer?

Pancreatic cancer is cancer of the pancreas. The pancreas is an organ that produces digestive enzymes and hormones. Cancerous (malignant) pancreatic tumors (adenocarcinomas) are nearly twice as common in men as in women and are 2 to 3 times more common in heavy smokers than in nonsmokers. Pancreatic cancer often spreads to other parts of the body before it is discovered.

What Causes Pancreatic Cancer?

Although researchers are unsure as to what exactly causes pancreatic cancer, known risk factors of the disease have been identified, like smoking, diabetes, and more.

Is Pancreatic Cancer Common?

Pancreatic cancer is a common cancer. However, it is very difficult to detect early and even more difficult to treat. The symptoms presented by pancreatic cancer are often very similar to that of many other illnesses, and they don't always show until the disease has progressed to an advanced stage.

Where Can I Find More Information About Pancreatic Cancer?

The National Cancer Institute (NCI) offers a free booklet is about *pancreatic cancer*.

Learning about medical care for cancer of the pancreas can help you take an active part in making choices about your care. This booklet tells about:

- diagnosis and staging,
- treatment and supportive care,
- taking part in research studies.

This booklet has lists of questions that you may want to ask your doctor. Many people find it helpful to take a list of questions to a doctor visit. To help remember what your doctor says, you can take notes. You may also want to have a family member or friend go with you when you talk with the doctor—to take notes, ask questions, or just listen.

For the latest information about cancer of the pancreas, please visit NCI's Web site at <http://www.cancer.gov/cancertopics/types/pancreatic>. Also, NCI's Cancer Information Service can answer your questions about cancer. Call **1-800-4-CANCER (1-800-422-6237)** or chat with NCI online using **LiveHelp**, NCI's instant messaging service, at <http://www.cancer.gov/livehelp>.

- 32,180 Americans will be diagnosed with pancreatic cancer this year.
- 31,800 Americans will die of pancreatic cancer this year.
- Pancreatic cancer is the 4th ranked cause of cancer death.
- Only 23% of people diagnosed with be alive 1 year from diagnosis.
- 4% of people diagnosed with pancreatic cancer will live to reach the 5-year survival rate.

The Advantages of Quitting Smoking

**Great
American
Smokeout
NOVEMBER 17, 2016**

15 YEARS AFTER QUITTING:
The risk of coronary heart disease is that of a non smoker.

10 YEARS AFTER QUITTING:
Risk of dying from lung Cancer is about half that of a person who is still smoking.

5 YEARS AFTER QUITTING:
Risk of cancer of mouth, throat, esophagus and bladder are cut in half.

1 YEAR AFTER QUITTING:
The excess risk of coronary heart disease is half that of a continuing smoker's.



IN 20 MINUTES AFTER QUITTING:
Your heart rate & blood pressure drop.

12 HOURS AFTER QUITTING:
The carbon monoxide level in your blood drops to normal.

2-3 WEEKS AFTER QUITTING:
Your circulation improves & your lung function increases

1-9 MONTHS AFTER QUITTING:
Coughing & shortness of breath decrease.