

Are You at Risk for Diabetes?



What's Inside:

- Symptoms
- Risk factors
- Prevention of diabetes and heart disease



Joslin Diabetes Center

Walgreens

A Trusted Team for Diabetes Care™

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What is Diabetes?

Diabetes is a very common and serious condition that many people may have without realizing it. The good news is there is a lot you can do to keep from getting type 2 diabetes. And if you do have it, you can still live a long and healthy life. First, let's review two important definitions:

DIABETES is a disease in which the body either does not make any insulin (type 1 diabetes) or does not make enough insulin or does not use insulin very well (type 2 diabetes).

PRE-DIABETES is a condition in which your blood glucose levels are higher than normal but not high enough to be called diabetes. If you have pre-diabetes, you are at increased risk for getting diabetes later on. However, the good news is, you can start taking steps to prevent diabetes by making healthy lifestyle changes.

There are steps you can take to reduce your risk of getting type 2 diabetes. Type 2 diabetes is the most common form of this disease. About 15 million Americans have type 2 diabetes; 6.2 million people have it and don't even know it. A much larger number of people (54 million) have pre-diabetes. People with pre-diabetes are at high risk of developing type 2 diabetes and are at an increased risk of developing heart disease.



What are the symptoms?

If you are experiencing any of the symptoms below, tell your doctor or healthcare provider and ask if you should have a blood test for diabetes.

- Excessive thirst
- Blurred vision
- Frequent urination
- Fatigue
- Frequent skin, yeast or bladder infections



Am I at risk?

If you have any of the following risk factors, you may be more likely to develop diabetes. Place a check mark in the box next to any factors that apply to you. If you have checked two or more boxes, talk with your doctor or healthcare provider and ask if you should have a blood test for diabetes. The good news is that for every factor except family history and age, you can take steps to reduce your risk for both diabetes and cardiovascular disease (heart disease).

Family History

You have a higher risk of getting diabetes if anyone in your family has it or if you are from certain ethnic backgrounds.

- I have a parent, sister or brother with diabetes
- I am of African-American, Latino/Hispanic-American, Asian-American, Native American or Pacific Islander descent
- I have had gestational diabetes (during pregnancy)

Age

The older you get, the more your risk for getting diabetes increases.

- I am over 65
- I am between 45 – 65 years old and also overweight
- I am under 45, but also have one or more of the other risk factors listed

Physical Activity

Diabetes is linked with inactivity. If you become more physically active, you can decrease your risk for getting diabetes.

- I get little or no planned physical activity in a typical day



Body Weight

Being overweight is a risk factor for developing diabetes. There are two ways to see if your weight puts you at risk for diabetes and other conditions, such as heart disease: a large waist circumference or a high body mass index (BMI).

- My waist circumference is greater than 35 inches (for a woman) or 40 inches (for a man). *This is the measurement at the narrowest point between the top of your hip bone and the bottom of your lowest rib.*
- I weigh as much or more than the weight listed for my height on the chart below (or I know that I have a BMI greater than 25).

At-Risk Weight Chart

Height	Weight (lbs)	Height	Weight (lbs)
4'10"	119	5'8"	164
4'11"	124	5'9"	169
5'0"	128	5'10"	174
5'1"	132	5'11"	179
5'2"	136	6'0"	184
5'3"	141	6'1"	189
5'4"	145	6'2"	194
5'5"	150	6'3"	200
5'6"	155	6'4"	205
5'7"	159	6'5"	214

Blood Test Results

Your healthcare provider can look at certain blood tests as well as your blood pressure to help assess your overall risk for diabetes. A single fasting (nothing to eat or drink for at least 8 hours before the test) blood glucose test result of greater than 100 means you are at risk for having diabetes and a fasting test over 125 means you may already have diabetes.

- I have been told I have **pre-diabetes**
- My HDL cholesterol (the good cholesterol) level is lower than it should be (less than 40 for a man, less than 50 for a woman)
- My triglyceride (blood fat) level is higher than it should be (greater than 150)
- My blood pressure is higher than 130 over 85

If you have a fingerstick blood test done to measure the amount of glucose or sugar in your blood and the result is greater than 130, talk about the result with your healthcare provider. He or she will likely recommend that you have a fasting glucose test.

How can I prevent diabetes?

There's a LOT you can do. In fact, a large research study, called the Diabetes Prevention Program, showed that lifestyle changes, such as losing weight, eating healthfully and being active could help greatly lower your risk of diabetes. Making these lifestyle changes, along with controlling other risk factors (such as blood pressure, HDL and triglycerides), will also reduce your risk of heart disease.



Check off the steps you will take to prevent diabetes and stay healthy!

General Steps

- Know what my risk factors are for getting diabetes
- Have my doctor check me for diabetes every one to two years
- Lose 5% to 10% of my body weight (or 10 to 20 pounds), if I need to lose weight

Nutrition Steps

- Eat smaller portions of food
- Eat more fruits and vegetables
- Drink water, seltzer water or diet soft drinks instead of regular soft drinks and fruit juices

Physical Activity Steps

- Check with my doctor or healthcare provider to make sure



it's safe for me to begin a new exercise program or to increase my physical activity

- Choose an activity that I like to do, such as walking, swimming or dancing
- Start gradually and aim for 30 to 45 minutes of physical activity most days of the week

How can I learn more?

Ask for a free copy of Diabetes & You magazine at your Walgreens pharmacy and visit www.walgreens.com/joslin

Joslin Diabetes Center

Joslin Diabetes Center has helped revolutionize the diagnosis, treatment and prevention of diabetes since its founding more than a century ago. Through its staff of renowned physicians, researchers and clinical specialists, Joslin, affiliated with Harvard Medical School, is a worldwide leader in cutting-edge research and pioneering approaches to diabetes education and care. Headquartered in Boston, Joslin has the nation's largest diabetes clinic, the largest diabetes research program and 25 affiliated clinical care centers across the U.S.

Continue to learn about managing diabetes with Joslin books, cookbooks, DVDs and more at www.joslin.org/store. When you order, use the discount code **Walgreens** for additional savings.

A Powerful Alliance: Joslin and Walgreens

Walgreens and Joslin have formed a new, powerful team to improve the health of people with diabetes. Together, we will develop and deliver nationwide programs for diabetes awareness, wellness, prevention and education to reach the estimated 21 million Americans with diabetes and the 54 million Americans at risk for the disease.

AARP

AARP is a nonprofit, nonpartisan membership organization that helps people 50+ have independence, choice and control in ways that are beneficial and affordable to them and society as a whole. We produce AARP The Magazine, published bimonthly; AARP Bulletin, our monthly newspaper; AARP Segunda Juventud, our bimonthly magazine in Spanish and English; NRTA Live & Learn, our quarterly newsletter for 50+ educators; and our Web site, AARP.org. AARP Foundation is an affiliated charity that provides security, protection, and empowerment to older persons in need with support from thousands of volunteers, donors and sponsors. We have staffed offices in 50 states, the District of Columbia, Puerto Rico and the U.S. Virgin Islands.

AARP and Walgreens: Knowledge You Can Trust

AARP and Walgreens are working together to put adults 50 and over in charge of their medicine, health and lives. Through this alliance, AARP and Walgreens will work together to ensure that Americans 50+ have the tools that they need to take greater control of their health. A primary focus of the alliance will be to help educate the nation's 50+ population about the wise use of medicines.