



Diagnosis Diabetes: Know the Risks

Diabetes is an epidemic in the United States. According to the Centers for Disease Control and Prevention (CDC), over 30 million Americans have diabetes and face its devastating consequences. What's true nationwide is also true in Louisiana.

Approximately 575,000 people in Louisiana, or 15.3% of the adult population, have diabetes.

- Of these, an estimated 124,000 have diabetes but don't know it, greatly increasing their health risk.
- In addition, 1,272,000 people in Louisiana, 37.5% of the adult population, have prediabetes with blood glucose levels higher than normal but not yet high enough to be diagnosed as diabetes.
- Every year, an estimated 27,000 people in Louisiana are diagnosed with diabetes.

Symptoms

The following symptoms of diabetes are typical. However, some people with type 2 diabetes have symptoms so mild that they go unnoticed.

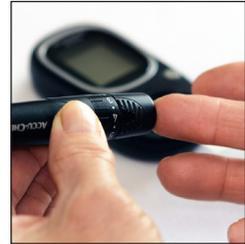
Common symptoms of diabetes:

- Urinating often
- Feeling very thirsty
- Feeling very hungry, even though you are eating
- Extreme fatigue
- Blurry vision
- Cuts/bruises that are slow to heal
- Weight loss, even though you are eating more (type 1)
- Tingling, pain, or numbness in the hands/feet (type 2)

Early detection and treatment of diabetes can decrease the risk of developing the complications of diabetes.

Diagnosis

There are several ways to diagnose diabetes. Each way usually needs to be repeated on a second day to diagnose diabetes.



Testing should be carried out in a doctor's office or a lab. If your doctor determines that your blood glucose level is very high, or if you have classic symptoms of high blood glucose in addition to one positive test, your doctor may not require a second test to diagnose diabetes.

Legacy Health & Wellness can test you for diabetes. If you have previously been diagnosed, they can also help you by providing resources for monitoring your diet and medications.

Source: American Diabetes Association

Join the Great American Smokeout on Nov. 15

Legacy Health & Wellness is encouraging patients to commit or recommit to healthy, smoke-free lives by participating in the American Cancer Society's 43rd Great American Smokeout® event on November 15, 2018.



Legacy has resources to help you kick the tobacco habit. Make an appointment with health coach Amy Sonnier and get started on your path to quitting today!

"The most important thing smokers can do to improve their health is to quit smoking cigarettes and other forms of combustible tobacco," said Dr. Brian Elkins. "We are showing our support for people who take those first steps toward making a plan to quit."

Cigarette smoking is the leading cause of cancer death in the United States, accounting for 29% of all cancer deaths. In fact, smoking cigarettes kills more Americans than alcohol, car accidents, HIV, guns, and illegal drugs combined. Smoking not only causes cancer, it damages nearly

every organ in the body, including the lungs, heart, blood vessels, reproductive organs, mouth, skin, eyes, and bones.

Addiction to nicotine in cigarettes is one of the strongest and most deadly addictions one can have. While cigarette smoking rates have dropped (from 42% in 1965 to 15.5% in 2016), about 37.8 million Americans smoke cigarettes. Each year, approximately 20 million American smokers try to quit, representing more than half of the 37.8 million smokers in the U.S. Only about 1.4 million (7%) succeed. An

even greater percentage of smokers (68%) report being interested in quitting.

Quitting is hard. It takes commitment and starts with a plan, often takes more than one quit attempt, and requires a lot of support. Getting help through counseling and/or prescription medications can double or triple your chances of quitting successfully. Support is also important. Smoking cessation programs, telephone quit lines, the American Cancer Society's Freshstart program, Nicotine Anonymous meetings, self-help materials such as books and pamphlets, and smoking counselors or coaches can be a great help.

The American Cancer Society, which is available 24 hours a day, 7 days a week, provides support as people make their plan to quit. More information is available at cancer.org/smokeout or by calling 1-800-227-2345.

Source: American Cancer Society