



# ARE YOU AT RISK?

## QUIKRISK<sup>SM</sup> SELF-ASSESSMENT TEST

Nearly one-third of people with diabetes don't know they have it. This test, adapted from the American Diabetes Association, can help you determine whether you might be at risk for the disease. Circle the "Yes" points next to each true statement and add up your total.

	Yes	No
<i>I am under age 65 and I get little or no exercise.</i>	5 pts	0 pts
<i>I am between 45 and 64 years of age.</i>	9 pts	0 pts
<i>I am age 65 years or older.</i>	5 pts	0 pts
<i>I am a woman who has had a baby that weighed more than 9 pounds at birth.</i>	1 pt	0 pts
<i>I have a sibling with diabetes.</i>	1 pt	0 pts
<i>I have a parent with diabetes.</i>	1 pt	0 pts
<i>My weight is equal to or above that listed in the chart below.</i>	5 pts	0 pts

Height in feet and inches without shoes	Weight in pounds without clothing
4'10"	129
4'11"	133
5'0"	138
5'1"	143
5'2"	147
5'3"	152
5'4"	157
5'5"	162
5'6"	167
5'7"	172
5'8"	177
5'9"	182
5'10"	188
5'11"	193
6'0"	199
6'1"	204
6'2"	210

### HOW DID YOU DO?

If you scored 3-9 points, you are probably at low risk for diabetes. But keep watch, especially if you are in a high-risk group. If you scored 10 or more points, you are at greater risk for having diabetes and should check with your health care provider.

## Facts About Diabetes

**It's more common than you think.** More than 18 million Americans have diabetes, but another 41 million have pre-diabetes and are at high risk.

**Eating too much sugar does not cause diabetes.** Not by itself. But eating too many empty calories can lead to being overweight, which does raise your risk.

**You can't catch diabetes from someone else.** The disease is caused by a combination of genetic and lifestyle factors, not a virus or bacteria.

**People with diabetes can eat chocolate and other sweets.** These foods are not "off limits." Don't be afraid to offer them as treats, as long as the person sticks to a healthy meal plan.

**Starchy foods are OK, too.** If you're planning to serve a meal to a person with diabetes, whole-grain breads, potatoes and pasta can be on the menu. Just watch portion sizes.

**You are not at higher risk for colds and flu if you have diabetes.** But people with diabetes are advised to get flu shots because flu can interfere with blood sugar management.

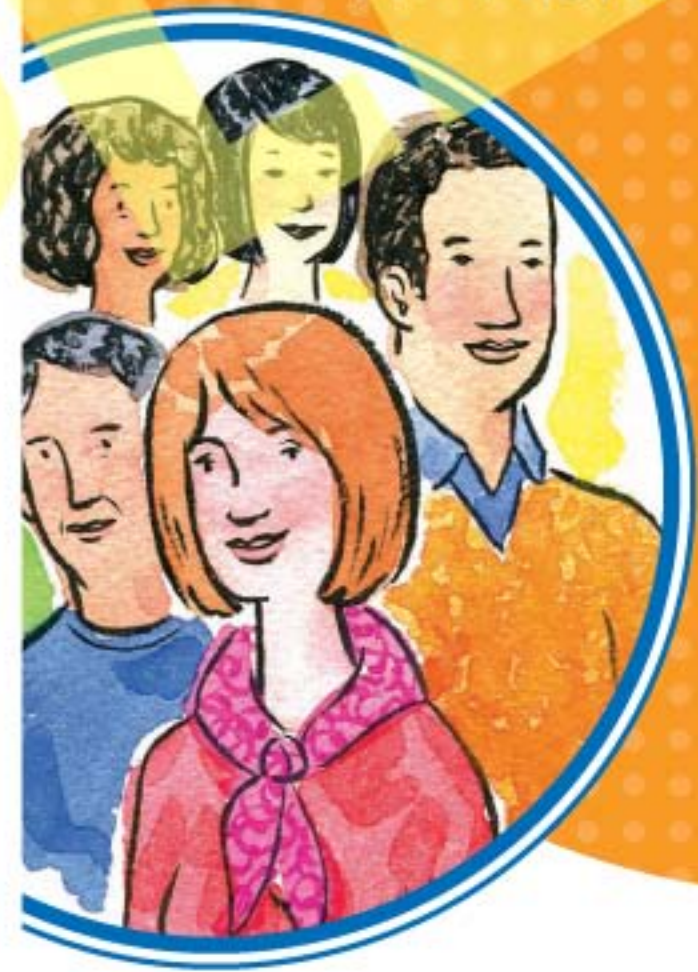
**The sooner diabetes is detected, the better.** Early detection limits damage to your kidneys, your heart, and even your eyes. That's why being tested for diabetes is so important if you're at high risk.



**You can live with diabetes.** Eating well-balanced meals, staying physically active and following your health care team's plan can keep life as normal as possible — and help your health.

# DIABETES

## ARE YOU AT RISK?



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## WHAT IS DIABETES?

Diabetes is a serious condition in which the body cannot properly use insulin, a hormone needed to convert blood sugar into energy. Left untreated, diabetes can lead to blindness, heart disease, strokes, kidney failure and even amputations.

There are four major kinds of diabetes:

- **Type 1**, in which the body cannot produce its own insulin; insulin must be taken daily to stay alive
- **Type 2**, in which the body does not produce enough insulin; strict adherence to a diet and exercise regimen is required
- **Pre-diabetes**, in which blood sugar levels are higher than normal but not high enough for a diagnosis of type 2 diabetes
- **Gestational diabetes**, which afflicts pregnant women and usually goes away after pregnancy

Most people with diabetes have type 2. The good news? With proper treatment and healthy habits, people with type 2 diabetes can live normal, happy lives.

STEP  
**3**

## Prevent or Delay Diabetes

Because diabetes is partly linked to genetics, not everyone can prevent its onset. However, in many cases, diabetes can be prevented or delayed, giving you many more years of disease-free living. **Here's how.**



**Lose weight, even a little.** The National Institutes of Health found that losing 5 to 7 percent of body weight — as little as 10 pounds for a 200-pound person — can prevent or delay the onset of diabetes.

**Add movement.** Researchers also found that just a 5 to 10 percent reduction in body weight, together with a daily half-hour of moderate exercise, can reduce your risk by a whopping 58 percent.

**Easiest way:** Walk whenever you can.

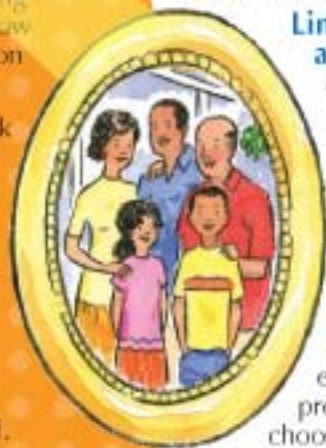
**Know your fats.** All fats pile on calories, but some are worse than others. Cut back especially on saturated fats, including trans-fatty acids, which raise the risk of obesity. They appear as "partially hydrogenated" oils on food labels.

**Load up on the good stuff.** Buy more fresh fruits, vegetables and whole grains every time you shop.

**Limit salt and alcohol.** Both can raise your blood pressure, a risk factor for diabetes.

**Cut back on fast food.** It's been shown that people who visit fast food restaurants twice a week *double* their risk of diabetes.

**Got dairy?** The results of a 15-year study reported that drinking milk and eating cheese and yogurt may help prevent diabetes. Just make sure you choose the low-fat versions.



*Even little changes can mean a lot...*

Among 500 people considered "pre-diabetic," half were given advice about diet and exercise; half were not.

Three years later, most of the "advised" group had lost 8 to 10 pounds, and only 11 percent became diabetic. Most of the second group, however, lost only 1 to 2 pounds, and 23 percent became diabetic.

## Don't Delay

Contact your health care provider if you have any of the following symptoms:

- Extreme thirst
- Frequent urination, especially at night
- Unexplained weight loss

STEP  
**4**

## Be on Guard

Many people with diabetes don't experience symptoms, or the symptoms are so mild that they go unnoticed. The following steps can help you be more vigilant.

**Watch your weight.** Your weight can go up or down 2 to 3 pounds during the course of a day. However, continued weight loss that can't be explained by diet or exercise may be a sign of diabetes ... or depression, cancer or an overactive thyroid.

**Don't ignore other warning signs.**

Extreme hunger, increased fatigue, blurred vision and sores that don't heal are all signs that you may have diabetes.

**Ask about screening.** Anyone 45 or older or belonging to a high-risk group should be tested for diabetes. Your provider can conduct either a Fasting Plasma Glucose Test (FPGT) or an Oral Glucose Tolerance Test (OGTT). Either can tell whether you have diabetes or pre-diabetes.

STEP  
**5**

## Stay Alive!

If you're diagnosed with type 2 diabetes, follow your health care team's plan to the letter, including watching your blood pressure and cholesterol to reduce the chance of heart attack and stroke.



STEP

**1**

## Know Who's at Risk

Diabetes is on the rise, affecting one-fifth of the population. It's more common among African-Americans, Latinos, Native Americans, Asian Americans and Pacific Islanders. If you belong to one of these ethnic groups, be sure that you know the other risk factors and try to pay special attention to the possible warning signs of diabetes.

**What are the risk factors?** People at greater risk for type 2 diabetes include those who have a family history of the disease, are inactive and who have low levels of "good" LDL cholesterol or a high level of triglycerides, another blood fat. In general, being overweight and getting little or no exercise is a double whammy.

STEP

**2**

## Assess Your Own Risk

Take the simple test on the facing panel.