

## Scenarios (not actual patients)



"I had diabetes when I was pregnant, but I thought that was all in the past. When my dental hygienist

found out that I'd had gestational diabetes, she told me I was at risk for developing type 2 diabetes. I am so glad she did! I am walking more and watching what I eat. I'm halfway to my goal of losing 15 pounds."



"When I took my mother for her diabetes eye exam, the eye doctor asked me if I knew that I was at risk for

diabetes too. I never thought about that – I was always focused on her and besides, I felt OK. I am going to see my doctor to find out what I can do to prevent diabetes."



"I asked the pharmacist about weight loss pills. My teenager is overweight but doesn't want his

friends to think he's 'dieting.' The pharmacist told us that being overweight increases his risk of diabetes and steered us to NDEP for more information. We ordered the GAME PLAN toolkit. Now he's playing more basketball, making healthier fast food choices, and I think he feels better about himself now that he's lost a few pounds."

With NDEP resources, you can help them make healthy changes.

It is estimated that of persons born in 2002, 1 in 3 will develop diabetes in his or her lifetime.

**Unless something changes.**



Be part of that something. Helping people make healthy changes helps us all.

For free information for you and your patients on preventing type 2 diabetes visit [www.ndep.nih.gov](http://www.ndep.nih.gov) or call 1-800-438-5383.



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## Diabetes Prevention – Podiatry

Over 4100 people are diagnosed with diabetes every day. 55 go blind. 120 have kidney failure. 230 get a limb amputated. That's every single day!



Find out how you as a **foot care professional** can help prevent type 2 diabetes.



## Did You Know...

- Almost 21 million Americans have diabetes (and one-third don't know it).
- Another 54 million have pre-diabetes.\*
- Forty percent of people in the U.S. age 40-74 have prediabetes.\*\*
- In the past 25 years, the number of Americans with diabetes has more than tripled (from 5.8 million to 20.8 million).

\* Pre-diabetes: impaired fasting glucose (fasting glucose 100-125 mg/dl) and/or impaired glucose tolerance (2 hour glucose value 140-199 after 75 gram oral glucose challenge). People with pre-diabetes are at high risk of developing type 2 diabetes.

\*\* 2005 National Diabetes Fact Sheet  
<http://www.cdc.gov/diabetes/pubs/factsheet05.htm>



## But Trend Is Not Destiny



## The Good News...

Type 2 diabetes can be prevented or delayed. The Diabetes Prevention Program (DPP) study proved that overweight people with pre-diabetes were able to reduce their risk of diabetes by 58% if they:

- Reduced fat and calorie intake
- Were physically active at least 150 minutes/week and
- Lost >7% of their body weight

These lifestyle changes were effective in preventing or delaying diabetes in all ages and all ethnic groups in the DPP.

Among people 60 and older, there was a 71% reduction in progression to type 2 diabetes.

Your patients don't need to become marathon runners or starve themselves to prevent diabetes. Moderate changes resulting in modest weight loss can make a difference.

You care about your patients and your community. Diabetes can be prevented or delayed. You can help.

As a **foot care professional**, you can make a difference because:

1. You know your patients.
2. Your patients trust you.
3. A few words from you can go a long way.
4. You can determine with just a few questions who is at high risk for diabetes.
5. You don't need to do it all — there are resources to help.
6. Your patients will appreciate that you care about their overall health.

**Ask:** "Has anyone ever told you that you are at risk for diabetes?"

**Advise:** "You can take actions to prevent or delay type 2 diabetes."

**Assist:** Give your patients resources to help them make healthy changes.

- Tell them to contact the National Diabetes Education Program for FREE information and materials on diabetes prevention and control. Call 1-800-438-5383 or visit [www.ndep.nih.gov](http://www.ndep.nih.gov).
- Refer them to a primary care professional for follow up.

Do your patients have any of the following risk factors for type 2 diabetes?

- Family history of type 2 diabetes
- Overweight or obesity
- High blood pressure or high blood cholesterol
- African American, Hispanic/Latino, Asian American, Pacific Islander, American Indian or Alaska Native ethnicity
- Pre-diabetes
- Age over 45
- History of gestational diabetes (GDM)\*

\* Women who have had GDM have a 20-50% chance of developing diabetes in the 5-10 years after pregnancy.



Remember, rates of diabetes increase with increasing age, but even young adults, teens, and children can develop type 2 diabetes.