

# Diabetes

Over 16 million people in the U. S. have diabetes. Louisiana ranks as the 6<sup>th</sup> highest state in the country with over 10% of adults who have diabetes (The State of Obesity, 2014). About 90-95% of those with diabetes have adult onset diabetes, which is called Type 2 Diabetes. Major risk factors for Type 2 Diabetes include obesity, poor diet, lack of exercise, and a genetic predisposition for the disease. However, if weight is controlled with diet and exercise, the incidence of diabetes decreases significantly, in spite of genetic predisposition.

Although we cannot cure diabetes, it is essential that diabetes is managed in order to decrease the consequences of uncontrolled blood sugars, such as kidney, heart, and eye disease. At LSU Health clinics, we can perform simple blood tests, which screen for diabetes. Furthermore, if you have been diagnosed with diabetes, it is important to know your most recent Hemoglobin A1C, which measures how well your blood sugar has been controlled over a longer period of time.

## Reference

The state of obesity. (2014). retrieved from: <http://stateofobesity.org/states/la/>

If you have been diagnosed with Type 1 or Type 2 Diabetes, The American Diabetes Association (ADA) website has a wealth of information to help you manage this condition:

<http://www.diabetes.org/>

[http://professional.diabetes.org/content/PML/Taking\\_Care\\_of\\_Type\\_2\\_Diabetes\\_78afdc51-3878-428e-9066-cafa1694cd03/Taking\\_Care\\_of\\_Type\\_2\\_Diabetes.pdf](http://professional.diabetes.org/content/PML/Taking_Care_of_Type_2_Diabetes_78afdc51-3878-428e-9066-cafa1694cd03/Taking_Care_of_Type_2_Diabetes.pdf)