

A research study done by UCLA Center for Health Policy Research (www.capediabetes.org) revealed that nearly half of all adults across California have pre-diabetes and one in three young adults have pre-diabetes. Diabetes is one of the fastest growing diseases and one of the most costly.

Many of our patients with diabetes, even those with insurance, cannot afford the medications they need to take to better control their diabetes. So, what can you do to decrease your chances of developing diabetes or allowing it to progress?

Have lab work done regularly – see your doctor for a physical. Find out which category you are in: no diabetes, pre-diabetes or diabetes. Knowledge is valuable. And fear is often a motivator for people to make necessary lifestyle changes.

If you are in the pre-diabetes or diabetes category, we need to get busy making small but consistent lifestyle changes to better control the blood sugars, which can decrease or limit the damage in the body being done by the high blood sugars.

The study shows there was a 58 % decrease in the rate of progression of diabetes when a person lost 5-7% of their body weight AND did some moderate walking daily.

1. Eliminate all sugary drinks from diet (regular sodas, fruit juice, sweetened iced tea)
2. Replace these beverages with water, sparkling water, iced tea.
3. Try to eliminate your evening snacking. Instead, go for a walk.
4. This is our spring weather that is perfect for going out walking or for bike ride. Get more active. It is time to get out of the lounge chair and develop your heart muscle.
5. Treat your dog to a walk! They never say no and may encourage you to get out of the chair!
6. Schedule in your activity time at a specific time each day just like an appointment.
7. Join us at Visalia Medical Clinic on Saturday morning, April 23 at 8:00 am registration for our 2nd annual Diabetes Walk in memory of Dr. James Mohs. More info at www.VisaliaMedicalClinic.com.
8. You have one month to start walking to get into shape! Find an accountability partner...your Fit-Bit, an app on your phone, your gym trainer or your diabetes educator who can help you stay on track.

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