

Press Release

Date: March 1, 2010

To: Fayette County Media

From: Fayette County Health Department

FCHD Observes Diabetes Alert Day, Tuesday March 23rd

Fayette County Health Department is holding an Open House on Tuesday, March 23 from 10 AM to 2 PM in observance of American Diabetes Alert Day. Educational Diabetes Displays, Free Literature and samples will be available.

Debbie Lay RN, Diabetes Prevention and Control nurse would like everyone to be aware of the risk factors for type 2 diabetes. People who are overweight, under active (living a sedentary lifestyle) and over the age of 45 should consider themselves at risk for the disease. African Americans, Hispanics/Latinos, Native Americans, Asian Americans and Pacific Islanders. and people who have a family history of the disease also are at an increased risk for type 2 diabetes.

American Diabetes Association Alert Day is a one-day, “wake-up” call asking the American public to find out if they are at risk for developing type 2 diabetes.

Diabetes is a serious disease that strikes nearly 24 million children and adults in the United States. An additional 57 million, or one in five Americans have pre-diabetes, which puts them at high risk for developing type 2 diabetes. Diabetes is named the “silent killer” because nearly one-fourth of those with the disease – 5.7 million – do not know they have it. For many, diagnosis may come seven to ten years after the onset of the disease. Therefore, early diagnosis is critical to successful treatment and delaying or preventing some of its complications such as heart disease, blindness, kidney disease, stroke, amputation and death.

Older Americans are at greater risk for having undiagnosed diabetes. About half of all diabetes cases occur in people older than 45 years of age.

Debbie Lay would like everyone interested to stop by the health department on Tuesday, March 23 from 10-2 and take the Diabetes Risk test to find out if they are at risk for developing type 2 diabetes. For more information call 618-283-1044 or go to www.fayettehealthdept.org.