

The 30 Pound Club

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Are You Pre-Diabetic?

One of the primary risk factors for type 2 diabetes is obesity. This disease is probably preventable or can at least be postponed if we can get leaner and fitter. The key is to take action to prevent the nasty side effects associated with diabetes.

Take vision for example—one of the leading causes of blindness is diabetes. You're probably reading this right now. But think: what if your vision was so impacted by diabetes that you couldn't read or watch movies and television? What if you could only hear the grandchildren playing or listen to your child's soccer game? Ladies, what if you couldn't put on makeup or had to rely on your husband to make sure your skirt and top went together? I don't mean to make light of vision loss, just to point out that the ramifications are far-reaching—I guarantee Paula would be horrified to be in that position. And that's without even considering the other conditions associated with diabetes, such as heart disease, stroke, amputation, and kidney failure.

The problem is that most of these changes creep up on us. By the time we recognize there's a problem and want to take action, permanent damage has occurred.

Dr. Pam, who contributed to *Health Tips for Women*, shared a great link for a video put out by the U.S. Centers for Disease Control. I urge you to watch it because it summarizes the problem and the solution so well; if you ever needed something to inspire you to get moving, this might be it. Check it out at this link: <http://1.usa.gov/o2QRdy>.

If you have any of the risk factors for type 2 diabetes, talk to your doctor about programs that may be available where you live. Groups such as Alcoholics Anonymous, Weight Watchers, even bible study groups have shown that big life changes are possible, and being part of a group that shares the same goals makes an incredible difference in your odds of success. If you're pre-diabetic, a program such as the one in this video could make the difference between a longer life or an early death.

One and Done.

What are you prepared to do today?

Dr. Chet

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