

Regular Screenings, Knowing Your Numbers Can Help Catch Diabetes Early

According to the American Diabetes Association (ADA) as many as one in three American adults will have diabetes by 2050 – unless we take steps to prevent it. If diabetes isn't managed properly, it can lead to heart attacks, strokes, amputations, blindness, kidney failure and nerve damage.

That's why, during American Diabetes Month, OAOHN would like to encourage you to care for yourself and your loved ones by reminding you of the importance of regular health screenings.

While 7.1 percent of non-Hispanic white adults are living with diabetes, according to the ADA, minority populations in the US are disproportionately affected by diabetes and are at higher risk than other ethnic groups.

In fact, the ADA states that 12.6 percent of all African American adults have diabetes (diagnosed or undiagnosed) and 11.8 percent of Hispanic/Latino Americans adults have been diagnosed. Native Americans have the highest age-adjusted prevalence of diabetes, 16.1 percent, among all U.S. racial and ethnic groups.

For people of all ethnicities, diabetes and its complications can be prevented or delayed by knowing and properly managing your biometric numbers such as your weight, your blood glucose (or blood sugar) levels, blood pressure and cholesterol levels.

The best way to find out if your numbers are within a healthy range for your gender, height and age is to have annual health screenings.

Having a Primary Care Physician (PCP) who can coordinate your care is vital to your good health. A PCP typically specializes in Family Medicine, Internal Medicine or General Practice. If you don't have a PCP, finding one is easy! Just visit your insurance carrier's website, look for the "find a doctor" area and follow the instructions.