

CONSUMER TIPS



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Diabetes

CDC report says 29 million Americans have diabetes

The number of American adults with diabetes has soared to 29 million with another 86 million at high risk of getting the chronic disease, said the U.S. CDC, on Tuesday. The CDC report, based on data from 2012, illustrated a worrisome rise in diabetes, which can cause serious health complications including; heart disease, stroke, kidney failure, blindness, amputations (toes & Feet) and in some cases, even premature death.

Federal Health Officials predicts that If the current trends continues, 1-in-5 Americans could have diabetes by 2025 – and one in three by 2050. The CDC said more than 12 percent of U.S adults had diabetes as of 2012, which marks an increase of about 3 million people since 2010.

"We simply can't sustain this trajectory," said the director of the CDC's Div of Diabetes, Ann Albright. Diabetes is a chronic disease characterized by high blood sugar levels and is closely linked to obesity. Many cases could be prevented by healthy eating, weight loss and moderate exercise, experts say.

"If we want to reduce the overall burden of diabetes in our nation, we have to focus on preventing diabetes in the first place," said the chief of the CDC's Epidemiology and Statistics Branch, Division of Diabetes, Edward Gregg.

According to the CDC, 1 in 4 people with diabetes are unaware of their condition. Early diagnosis is important! The disease is managed with insulin and other medications that can lower blood sugar levels and control blood pressure. Hispanics, blacks and American Indians are twice as likely to be diagnosed with diabetes as non-Hispanic white adults, the CDC said.



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