

# \* News You Can Use \*

In 2015, diabetes was the 7th leading cause of death in the United States with 252,806 death certificates listing diabetes as a contributing cause of death.

## 2015 Statistics

- 84.1 million Americans had *prediabetes* (1 in 3 today)
- 1.5 million Americans are diagnosed every year
- 30.3 million adults with diabetes
  - 23.1 Mil were diagnosed
  - 7.2 Mil were undiagnosed
- 12 million seniors are living with diabetes

## The Staggering Cost of Diabetes

- The total national cost of diabetes in 2018 was \$327 billion
- \$237 billion accounted for direct medical costs

Statistics About Diabetes, 2018

**\$85,200:**

Average lifetime cost of type 2 diabetes for men and women.

Source: American Journal of Preventive Medicine, September 2013

## Living with Diabetes

American Diabetes Association

### Blood Sugar Levels

The American Diabetes Association recommends the following targets for blood sugar (BS) levels.

Low: >60mg/dL

Normal: 60-120 if fasting  
(120-180 after meal)

### Symptoms

Low BS: Happens quickly - confusion, anxious, nausea, fatigue, lightheaded, headaches, blurred vision, pallor, tingling or numbness, impaired coordination, increased hunger & fast heartbeat

***TIP: Cool and clammy, need some candy.***

High BS: Frequent urination & increased thirst

Believe in yourself. Have faith in your abilities.

Without a humble but reasonable confidence in your own powers you cannot be successful or happy.

- Norman Vincent Peale -

