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members/a18

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www.assembly.ca.gov

Rev. 3/07

California State Assembly

Mary Hayashi
Assemblymember
18th Assembly District

Dear Friend,

Diabetes is a serious health problem facing Californians. About 20 million Americans have diabetes, and an estimated 200,000 will die from it this year — including a disproportionate number of Latinos, African Americans, Asians, and Native Americans. Diabetes is the sixth leading cause of death by disease in the United States today.

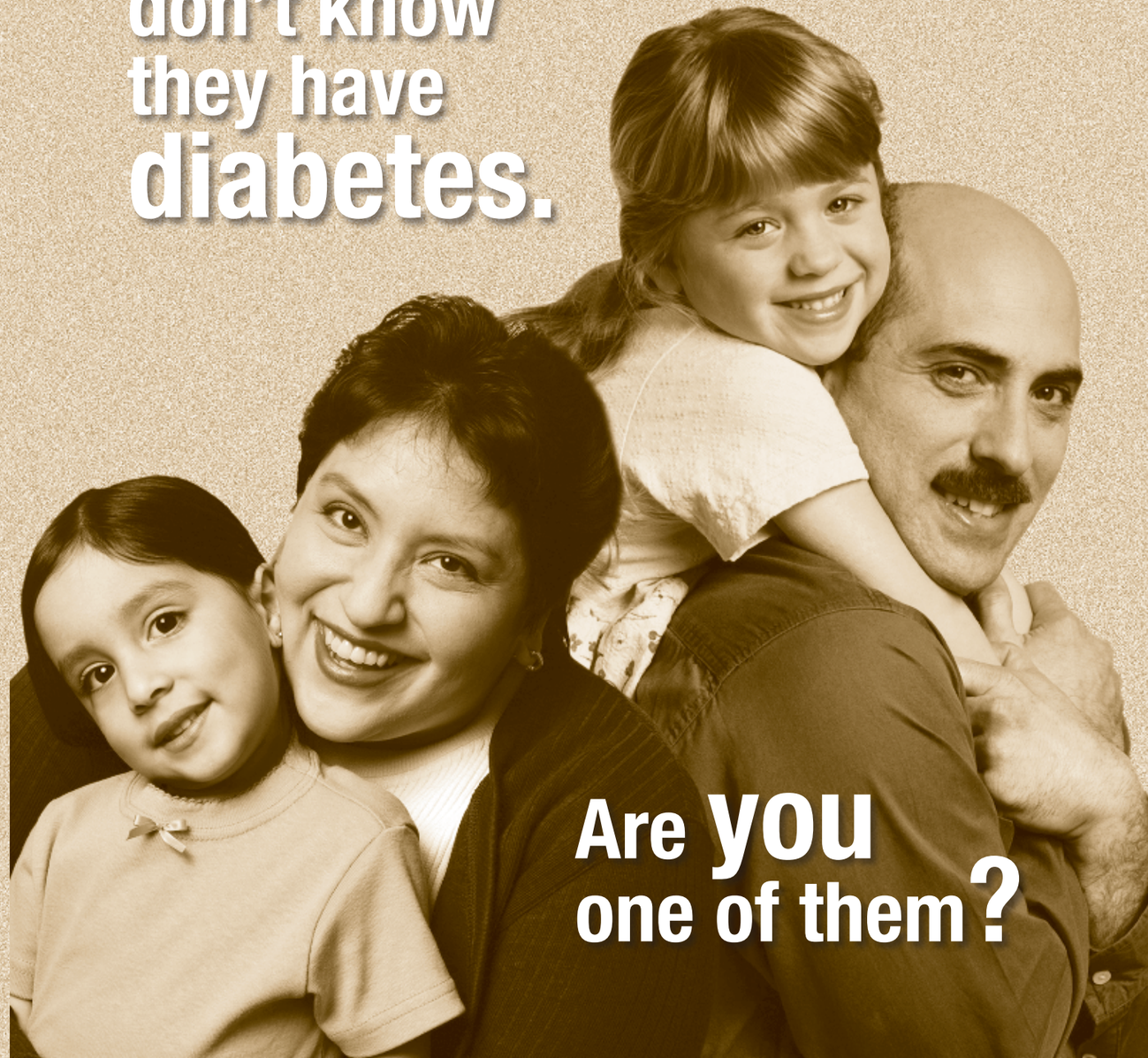
The total annual economic cost of diabetes is estimated to be $132 billion — or one out of every 10 health care dollars spent in the United States.

For information on diabetes legislation or other measures related to health care, please contact my office or visit my website, www.assembly.ca.gov/hayashi.

Sincerely,

MARY HAYASHI
Assemblymember
18th Assembly District

Millions of Americans don't know they have diabetes.



Are you one of them?

What is diabetes?

Diabetes is a group of diseases characterized by high levels of blood glucose resulting from the body's inability to produce and/or properly use insulin. Diabetes can cause serious complications and premature death, but people with diabetes can take steps to control the disease and lower the risk of complications.

The cause of diabetes is a mystery, although both genetics and environmental factors, such as obesity and lack of exercise, appear to play roles.

What are the typical forms of diabetes?

Type 1
An auto-immune disease in which the body does not produce any insulin, most often occurring in children and young adults. People with Type 1 diabetes must take daily insulin injections to stay alive. Type 1 diabetes accounts for 5-10 percent of all diabetes cases.

Type 2
A metabolic disorder resulting from the body's inability to make enough, or properly use, insulin. It is the most common form of the disease. Type 2 diabetes accounts for 90-95 percent of diabetes cases. Type 2 diabetes is nearing epidemic proportions due to an increased number of older Americans and a greater prevalence of obesity and a sedentary lifestyle.

Gestational
Gestational diabetes develops in about four percent of all pregnant women, but disappears when the pregnancy is over. Women who have had gestational diabetes are at increased risk for later developing type 2 diabetes.

Could you have diabetes?

About 6 million people in America have diabetes and don't even know it. Often, by the time it is diagnosed, damage to arteries, eyes, nerves, and kidneys has been going on for 7-10 years. Each day in the United States, about 4,100 people are diagnosed with diabetes.

You are at higher risk for diabetes if:

- You are age 45 or older.
- You are a member of a high-risk ethnic group: African American, Latino, American Indian, Asian American or Pacific Islander.
- You are overweight.
- You have high blood pressure (at or above 140/90).
- You have a family history of diabetes.
- You had diabetes during pregnancy or you had a baby weighing more than 9 pounds at birth.

There are other specific types of diabetes that result from specific genetic syndromes, surgery, drugs, malnutrition, infections, and other illnesses.

You have a higher risk of developing diabetes if you are overweight.

Don't wait for the signs.

While there are sometimes obvious signs of diabetes, most people do not pay attention to the symptoms. If you or a family member have any of these symptoms, you should contact your doctor immediately.

- Extreme thirst
- Blurry vision from time to time
- Frequent urination
- Unusual tiredness or drowsiness
- Unexplained weight loss

Pregnant women should be tested for diabetes between the fifth and sixth months of pregnancy.

Facts you should know.

- Diabetes is a serious disease that can lead to blindness, heart attack, stroke, kidney failure, amputation, and death.
- Diabetes is the fifth leading cause of death by disease in the United States, killing an estimated 220,000 people each year.
- The direct cost of diabetes represents 11 percent of total personal health care expenditures in the U.S. However, diagnosed diabetes patients account for only 4.9 percent of the total U.S. population.
- Direct medical costs in the U.S. attributable to diabetes total $92 billion a year. Indirect annual costs total $40 billion.

Find out if you are at risk.

Take this test and find out if you are at risk for diabetes. Individuals in certain ethnic groups, including Latino, African American, Native American, Asian, and Pacific Islander, are disproportionately affected by diabetes.
(circle answer and add up points)

	YES	NO
1. My weight is above that listed in the chart below	5 pts.	0 pts.
2. I am under 65 and get little/no exercise on a usual day	5 pts.	0 pts.
3. I am between 45 and 64 years of age	5 pts.	0 pts.
4. I am 65 years of age or older	9 pts.	0 pts.
5. I had a baby weighing more than nine pounds at birth	1 pts.	0 pts.
6. I have a sister or brother with diabetes	1 pts.	0 pts.
7. I have a parent with diabetes	1 pts.	0 pts.

If you scored 3-9 points:
You are probably at low risk for having diabetes — but you may be at higher risk in the future. New guidelines recommend everyone age 45 and over to consider being tested for the disease every three years. People at high risk should consider being tested at a younger age. Contact your doctor regarding the proper frequency of testing for your particular health needs.

If you scored 10 points or more:
You are at high risk for diabetes. See a doctor soon and find out for sure.

HEIGHT	WOMEN	MEN
4'9"	134 lbs.	
4'10"	137 lbs.	
4'11"	140 lbs.	
5'0"	143 lbs.	
5'1"	146 lbs.	157 lbs.
5'2"	150 lbs.	160 lbs.
5'3"	154 lbs.	162 lbs.
5'4"	157 lbs.	165 lbs.
5'5"	161 lbs.	168 lbs.

HEIGHT	WOMEN	MEN
5'6"	164 lbs.	172 lbs.
5'7"	168 lbs.	172 lbs.
5'9"	175 lbs.	182 lbs.
5'10"	178 lbs.	186 lbs.
5'11"	182 lbs.	190 lbs.
6'0"		194 lbs.
6'1"		199 lbs.
6'2"		203 lbs.
6'3"		209 lbs.

Learn more about diabetes – get involved!

If you or the people you care about are at high risk for diabetes, you should learn more and get involved. Research proves that early detection and proper treatment of diabetes can lead to a longer, healthier life.

1. **Call your doctor** for a thorough diabetes evaluation.
2. **Call the American Diabetes Association** at 1-800-DIABETES (1-800-342-2383) for a packet of free information about diabetes, diabetes screening and other programs scheduled in your area.
3. **Share this information** with family, friends and neighbors.

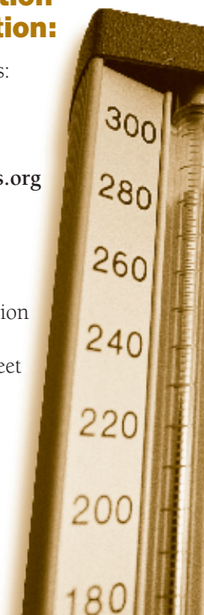
Help find the 6 million Americans with undiagnosed diabetes.

Contact the American Diabetes Association for more information:

For information on diabetes:

1-800-DIABETES
(1-800-342-2383)
E-Mail: **AskADA@diabetes.org**

Publications available:
1-800-232-6733

American Diabetes Association
Attn: National Call Center
1701 North Beauregard Street
Alexandria, VA 22311
www.diabetes.org

High blood pressure is a risk factor for diabetes.