

Health Department joins forces to fight number one killer of people

Rockcastle County Health Department has joined forces with the National Diabetes Education Program (NDEP) and the American Diabetes Association (ADA) to alert people that diabetes management is more than lowering blood sugar. It is also important to control blood pressure and cholesterol to help prevent heart disease and stroke, the leading killers of people with diabetes.

This powerful partnership of public agencies and private organizations has put its muscle behind the new "Be Smart About Your Heart: Control the ABCs of Diabetes" campaign just months after the release of new scientific studies showing a dramatic link between diabetes and heart disease.

The "ABCs of Diabetes" have been developed to communicate this new approach to comprehensive dia-

betes care in simple language. The A stands for A1C (pronounced A-one-C), which measures average blood sugar over the last three months. B is for blood pressure, and C is for cholesterol. New research shows that people with diabetes can live longer and healthier lives with relatively small improvements in these three critical areas.

To assist people with diabetes and members of their health care teams in managing the ABCs of Diabetes, a brochure for people with diabetes that includes a wallet card to help them track their ABC numbers is being distributed. The brochure includes recommended A1C, blood pressure and cholesterol goals, questions to discuss with health care providers, and action steps to lower the risk for heart attack and stroke and other problems associated with dia-

betes. The urgency of this nationwide campaign is that the rate of diabetes has increased by 49% (21% in Kentucky) from 1990 to 2000. To get the free brochure with wallet card and to learn more about diabetes, call 1-800-438-5383 or visit NDEP's web site at www.ndep.nih.gov

Rockcastle County Health Department is a partner of the National Diabetes Education Program that is jointly sponsored by National Institutes of Health and the Centers for Disease Control and Prevention. A Diabetes Support Group led by Paula White, RD, Regional Diabetes Coordinator, meets every third Monday at 6:00 p.m. at Rockcastle County Home

Health. If you have any questions about diabetes or the support group, please contact the Rockcastle County Health Department at 256-2242.



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Saturday, December 1, 2001

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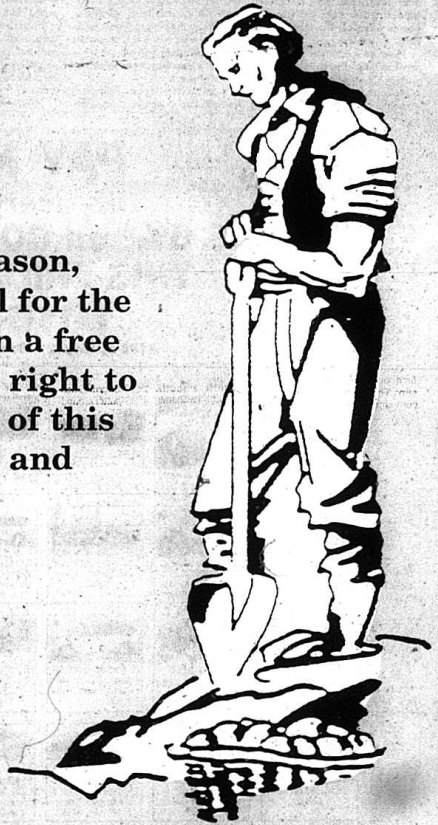
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