

## **It takes a team**

*Have you been tested to determine if you're prediabetic?*

Approximately 96 million American adults—more than one in three—have prediabetes. Of those with prediabetes, more than 80% don't know they have it, according to the U.S. Centers for Disease Control and Prevention (CDC).

November is [Diabetes Awareness Month](#), a time when communities across the country team up to bring attention to diabetes. This year's focus is on managing diabetes by building your healthcare team. Have you been tested to determine if you're prediabetic and diabetic?

"Diabetes is a top 10 leading cause of death in Michigan, as well as in the United States," said Dr. Joshua Meyerson, Medical Director. "Prediabetes puts you at increased risk of developing Type 2 Diabetes, heart disease, and stroke."

According to the CDC, [diabetes is a](#) chronic health condition that affects how your body turns food into energy. With diabetes, your body either doesn't make enough insulin, or it can't use that insulin as well as it should. When there isn't enough insulin or cells stop responding to insulin, blood sugar builds up in your bloodstream. Over time that can cause serious health problems, such as heart disease, vision loss, and kidney disease.

In addition to prediabetes, the CDC estimates 37.3 million adults and children in the U.S. have diabetes. In Michigan, an estimated 870,000 adults have been diagnosed with diabetes and over 3 million adults across the state likely have prediabetes.

### **Take Initiative**

Symptoms for diabetes include urinating a lot, often in the night, being very thirsty or hungry, losing weight without trying, and having blurry vision, dry skin, and numbing or tingling in your hands and feet. Rather than wonder, a first step into learning more is to take this [online quiz](#).

If you are someone diagnosed with diabetes, here are tips to help you manage the disease and build your healthcare team:

- Don't wait to begin managing your diabetes
- Start with small changes to create healthy habits
- Ask healthcare workers, friends, and family to be part of your diabetes healthcare team
- Make physical activity and healthy eating part of your daily routine

To get better equipped to live with Diabetes and manage your blood sugar levels, visit the [CDC website](#) for recommendations.

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