

"A visit to the Doc"

Linda, "you got sugar".

Doctor, I use it with my coffee. And sometimes, honey!

Hem, Linda, your blood test shows that you have Diabetes type 2. Some call it "sugar, a condition that many people have.

We believe that there are more than 17 million people with it.

That is terrible Doctor! But, how does anyone get "sugar", I mean diabetes?

Good question! Diabetes runs in families. It is not contagious, but if a parent, brother, sister, etc. has Diabetes, the family members should test their blood sugar every year. And besides, watch their diet and do exercise. Some people benefit from losing some weight, too!

Doctor, can kids get Diabetes type 2?

Yes, all because overweight and lack of exercise.

Doctor, I must have a family meeting soon!

Good thinking! You may be saving someone from a lot of trouble! Let them know about blurry vision, dizziness, increased thirst and hunger, cuts that won't heal, tiredness, and increased urination are some symptoms of Diabetes.

Doctor, I had them.

Linda, Preventing or delaying Diabetes type 2 makes sense. Learning to control the sugars in blood, to prevent complications with the heart, kidneys, eyes, and preventing amputations, also make sense.

Doctor, how about meals and exercise?

Linda, you are in the right track. Here is your referral to the Health Department for a free session on Diabetes and Nutrition. Their number is (407) 343-2082. You will get to know how to balance something called carbohydrates to avoid sharp increases in your sugars.

Doctor, sounds like a good idea to me!

Linda, you really made it easy. The nurse is going to give you some special instructions.

Thank you, doc.

As Linda left the doctor's office that day, she knew that she had a challenge ahead of her.

For finger screenings or if you have Diabetes and have not attended a class recently, call Closing The Gap for information about classes. The web also has important diabetes information. Go to www.cdc.gov/diabetes/pubs/index.htm or call (877) 232-3422 for the guide "Take Charge of Your Diabetes". This guide is available in English and Spanish. Another resource is www.DiabetesUniversity.webmd.com.

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