



Thunderbird

INTERNAL MEDICINE

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Update

Preventing Diabetes – Who's at Risk? *By Mindy Tatera, MD*

Diabetes is a disease in which blood sugar levels are higher than normal. Type 2 diabetes is the most common form and is usually diagnosed in adulthood. Risk factors include:

- Being overweight or obese
- Physical inactivity (exercising less than 3 times a week)
- Smoking
- Family history of diabetes
- Ethnicity (e.g., African-American, Hispanic, Native American, Asian-American, Pacific Islanders)
- History of gestational diabetes or birth of a baby weighing more than nine pounds

- Abnormal cholesterol numbers (low “good cholesterol”, elevated triglycerides)
- High blood pressure

The most important risk factor is obesity. Fat that is distributed in the upper body or abdomen further increases risk.

Screening for diabetes is recommended for everyone over age 45 and younger people with additional risk factors. Individuals with blood sugar levels that are higher than normal but not high enough to be classified as diabetes have pre-diabetes. This condition may be referred to as impaired fasting glucose

(IFG) or impaired glucose tolerance (IGT), depending on the test used to diagnose it. Those with pre-diabetes are at particularly high risk for developing diabetes unless they lose weight through modest changes in diet and physical activity.

Exercise and weight loss are the keys to diabetes prevention. Clinical trials show that when participants walked vigorously for 30 minutes a day, 5 days per week and also lost weight in the amount of 5-7% of their total body weight, they cut their risk of developing diabetes by 50%.

Sleeping Like a Baby Not So Easy for Adults

It seems you can't pick up a magazine without seeing an article on how to get a better night sleep. That's no surprise considering more than 70 million Americans suffer from sleep disorders.

The first step is to minimize stress and activity for an hour or two before bed, eliminate caffeine and keep your night-time bedroom free of light, noise and distractions.

If you continue to have a hard time falling or staying asleep and/or experience daytime sleepiness, irregular breathing during sleep, snoring, frequent nocturnal urination or morning headaches, talk with your provider. You may be a candidate for a sleep study which is conducted on the Fountains Medical Center (5620 W. Thunderbird Rd. # C-1) campus.

Did You Know...

- The average person falls asleep in about 12 to 14 minutes?
- Your nose can remember 50,000 different scents?
- There are about 60,000 miles of blood vessels in the human body?
- In humans the right lung is larger than the left due to the space and placement of the heart?



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