

Are you at risk for diabetes?

According to the American Diabetes Association, diabetes ranks sixth among causes of death in the United States. It is the leading cause of new cases of kidney disease, lower extremity amputations and new cases of blindness in working-age adults. In addition, people with diabetes are two to four times more likely to have heart disease or experience a stroke than the general population.

Good news. Many complications of diabetes can be slowed or even prevented by early diagnosis, better management and self-care. While the chronic nature of diabetes requires medical care with a strong emphasis on reducing the risk of complications, routine monitoring and screening can't happen unless patients visit their physicians regularly.

Want to know more?

BCN members can contact **BlueHealthConnection®** at **800-637-2972** to leave a message for a nurse or request information.

Source: American Diabetes Association, diabetes.org



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