

# HEALTHY *directions*

## Taking Control of Diabetes

In 2005, an estimated 20.8 million people (7 percent of the population) had diabetes, according to the Centers for Disease Control. Approximately 1.3 million new cases of diabetes are diagnosed each year and that number is expected to rise as Americans continue to struggle with diet, weight, and lack of exercise.

Learning the early symptoms of diabetes can help you take control of your health.

### Diabetes Warning Signs:

- Frequent urination
- Excessive thirst
- Unexplained weight loss
- Extreme hunger
- Vision changes
- Tingling or numbness in hands or feet
- Feeling very tired much of the time
- Sores that are slow to heal
- More infections than usual.



If you've been diagnosed with Type II Diabetes, take proactive steps to improve your health. Talk to your doctor about what you can do to make a difference in managing your diabetes. Ask questions about nutrition and exercise. Develop a plan to tackle this potentially deadly disease. With a little information and the desire to improve, you can protect your health and your future!

Piedmont Community Health Plan is your community partner. We offer a variety of specialized health and wellness programs, like the Diabetes Awareness and Management Program, especially designed to improve the lives of high-risk diabetics. For more information visit [www.pchp.net](http://www.pchp.net) or call 434-947-4463.