

MORE THAN 23.6 MILLION ADULTS AND CHILDREN ARE LIVING WITH DIABETES

It's that time of year again. The holidays are upon us in all their cozy glory. Scents of all the delicious fixings, desserts and familiar sights and sounds surround us. As generosity, appreciation and love sweep in, let's take these emotions and carry them over to all areas of our lives, including our health. Say thanks for the gift of good health this November, **National Diabetes Awareness Month**, and join your local Spirit of Women hospital and the 850,000 people around the country in their pledge to help *downsize diabetes*.

Diabetes is a serious disease and is not selective when it comes to its victims. ANYONE can be at risk for diabetes. It causes your blood glucose levels to shoot way above normal and wreaks havoc with your health. When you have diabetes, your body either doesn't make enough insulin or can't use its own insulin as well as it should. Once sugar levels build up in your blood, it can lead to heart attack, stroke, blindness, kidney failure, and loss of feet or legs.

Health is a state of complete harmony of the body, mind and spirit.

– Founder of Iyengar Yoga



 **St. Luke's**
HOSPITAL
Our specialty is you.

Spirit of
Women

Downsize Diabetes is powered by Spirit of Women®, a national network of hospitals and healthcare providers across the United States that ascribe to the highest standards of excellence in women's health, education, and community outreach.

This November, make a vow to live a long and vivacious life by guarding your health. Start the holiday celebrations off by saying thanks for the 100 trillion or so cells inside your body that work together to keep you going strong and free from harm.

There are three types of diabetes:

- ✦ Type 1 diabetes: Usually diagnosed in children and young adults.
- ✦ Type 2 diabetes: The most common form and the most often diagnosed form in adults.
- ✦ Gestational diabetes: Can appear during pregnancy and can create a high risk for type 2 diabetes later in life.

SOURCES

Centers for Disease Control and Prevention
American Diabetes Association
National Heart, Lung and Blood Institute
National Institutes of Health

Diabetes Resources at St. Luke's Hospital

Adult Diabetes Support Group: 314-205-6446
Diabetes Exercise Program: 314-205-6881
Insulin Pump Club: 314-205-6446
Pre-Diabetes Education Class (registration required): 314-205-6446
St. Luke's Diabetes Education: 314-205-6446
St. Luke's website: www.stlukes-stl.com

According to the American Diabetes Association, there are more than 23.6 million adults and children living with diabetes. Of those, 17.9 million are diagnosed while 5.7 million are **undiagnosed**.

Diabetes is a controllable disease. YOU can control, manage, reduce or avoid the presence of diabetes in your life and have the good health you've dreamed about by being proactive and using the simple recommendations below:

1. Get educated on diabetes.
2. Be physically active – enjoy the amazing instrument that is your body and dance away your cares.
3. Become familiar with nutritious foods that will help steer you clear of diabetes.
4. Make wise food choices – less fat, low salt. Always aim for more fiber (fruits and vegetables).
5. Visit your Spirit of Women physician!

Downsize diabetes in your life and make the choice to revel in the gift of health you've been given. No one is safe from the danger of diabetes.



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