

Women and Diabetes Town Hall Meeting - May 20, 2003

>> NICOLE JOHNSON:

We'll view some PSA's from the American Diabetes Association and other organizations.

Please enjoy them.

>>PSAs: If you have diabetes, you know you have an increased risk of kidney disease, blindness and amputation.

But did you know that two out of three people with diabetes die from heart disease or stroke?

Fortunately you can reduce your risk of heart disease and stroke by lowering your blood sugar, blood pressure and cholesterol.

If you have diabetes, ask your doctor to tell you more about the link between diabetes, heart disease and stroke.

Call us.

>> Eight, nine, ten, ready or not, here I come.

>> Diabetes is a serious disease that can rob you of the things you take for granted.

You can lose a foot or leg to amputation.

You can go blind.

But there are steps you can take to control this disease.

Have your eyes checked once a year.

Check your feet for cuts or sores every day and at every checkup.

If you have diabetes, find out what you need to know from head to toe.

Call 1-800-diabetes today.

>> Diabetes and not even know it?

>> Why would I want to know.

>> Heart disease, amputation, stroke, blindness can all be caused by diabetes.

With early detection and treatment diabetes can be kept under control.

So it's critical that you know.

>> I didn't know.

>> Didn't know.

>> I didn't know.

>> Find out if you're at risk.

Don't be blind to diabetes.

Call 1-800-diabetes now.

>> You don't have to knock yourself out to prevent diabetes.

Get real.

If you're over 45 and overweight you can prevent diabetes.

Loose 5% to 7% of your body weight.

Get 30 minutes of physical activities five days a week and eat healthy.

Take the first step.

Talk to your health care provider.

Prevent diabetes.

(Spanish language PSA)