



*The Maryland State Medical Society*

**News: For Immediate Release**

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## **NOVEMBER IS AMERICAN DIABETES MONTH**

BALTIMORE, November 14, 2013 — American Diabetes Month is a time to raise awareness of diabetes prevention and control. Today, more than 25 million Americans are living with diabetes and 79 million more are at risk of developing type 2 diabetes. MedChi, The Maryland State Medical Society, is proud to participate in American Diabetes Month to promote diabetes prevention and control.

Over time, if it's not controlled, type 2 diabetes can cause serious health problems like heart disease, stroke, and blindness. You may be at risk for type 2 diabetes if you:

- Are age 45 or older
- Are overweight
- Have a parent, brother, or sister with diabetes
- Are African American, Hispanic or Latino American, American Indian, Asian American, or Pacific Islander
- Have had diabetes during pregnancy (gestational diabetes)
- Have had a baby with a birth weight of more than 9 pounds
- Have high blood pressure or cholesterol
- Exercise less than 3 times a week

Dr. H. Russell Wright, President of MedChi, states “watching your weight, eating healthy and staying active are all easy ways to lower your and your families chances of developing type 2 diabetes in the future.”

### About MedChi

MedChi, The Maryland State Medical Society, is a non-profit membership association of Maryland physicians. It is the largest physician organization in Maryland. The mission of MedChi is to serve as Maryland's foremost advocate and resource for physicians, their patients and the public health of Maryland. For more information, please visit [www.medchi.org](http://www.medchi.org).