



The Maryland State Medical Society

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NOVEMBER IS AMERICAN DIABETES MONTH

BALTIMORE, November 16, 2015 — One in 11 Americans have diabetes — that's more than 29 million people – and another 86 million adults in the United States are at high risk of developing type 2 diabetes. The good news is that people who are at high risk for type 2 diabetes can lower their risk by more than half if they make healthy changes. MedChi, The Maryland State Medical Society, along with Sugar Free Kids Maryland, is proud to participate in American Diabetes Month to promote diabetes prevention and control and also promote healthy living.

Sugar Free Kids Maryland is the state's leading voice in the fight against childhood obesity and teenage diabetes.

There is a growing body of research that points to sugary drinks as the prime culprit in diseases such as childhood obesity and diabetes. These drinks contribute more calories and added sugars to our diets than any other food or beverage and daily consumption is strongly linked to higher childhood obesity and type 2 diabetes rates (Institute of Medicine, 2012). People in the habit of drinking one sugar-sweetened beverage every day have an 18 percent increased risk of developing diabetes over a decade. (British Medical Journal, 2015).

The good news is that making healthy changes can greatly lower ones risk of developing diabetes. In honor of American Diabetes Month, MedChi and their affiliate Sugar Free Kids, wants to use this month to raise awareness about diabetes risk factors and encourage people to make healthy changes. Here are just a few ideas:

- Avoid concentrated sweets and sugary beverages such as regular soda, juice and sport drinks.
- Watch your weight by eating healthy and doing more physical activity.
- Make small changes like taking the stairs instead of the elevator.
- Get regular check-ups that check blood pressure and cholesterol.

Dr. Stephen Rockower, President of MedChi, states “Diabetes is one of the leading causes of disability and death in the United States. It can cause blindness, nerve damage, kidney disease, and other health problems if it's not controlled. We should do everything we can to reduce sugar intake for ourselves and our children.”

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.