



The Maryland State Medical Society

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Additional Information Contact:

Gene M. Ransom, CEO

Office: 410-539-0872 x 3305

NOVEMBER IS AMERICAN DIABETES MONTH; FOCUS ON MAKING SMALL HEALTHY CHANGES

BALTIMORE, November 16, 2021 — In honor of American Diabetes Month, MedChi, The Maryland State Medical Society, is raising awareness about diabetes risk factors and encouraging people to make healthy changes. MedChi works closely with their affiliate Sugar Free Kids, a statewide coalition that was established in 2014, that has been the state's leading voice in the fight against childhood obesity and teenage diabetes.

Diabetes is a chronic disease that affects how your body turns food into energy. Most food you eat is broken down into sugar and released into your bloodstream. Your pancreas makes a hormone called insulin. If you have diabetes, your body either doesn't make enough insulin, or can't use the insulin it makes as well as it should.

Diabetes is one of the leading causes of disability and death in the United States. According to the CDC, more than 1 in 3 U.S. adults are prediabetic but the majority of people don't even know they have it. The good news is that making healthy changes can greatly lower your risk of developing diabetes or even reversing your prediabetes.

To help prevent type 2 diabetes:

- Avoid concentrated sweets and sugary drinks such as 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 with your physician that checks blood pressure and cholesterol.

Loralie Ma, M.D., new President of MedChi, states “diabetes puts people at risk for even more conditions like nerve damage, heart disease, foot and limb injuries, vision problems, and more. Diabetes also raises a person's risk of developing serious COVID-19, per the CDC. This makes it especially important to understand diabetes and how to manage it.”

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.