

Diabetes News!

***Gastric Bypass**- Risky and 40% of the patents experience complications

-Complications- Internal Bleeding, Abdominal Hernias, Infections, Gastric Leakage, Pneumonia, and Respiratory Failure

-While in Hospital- 50% have problems while in the hospital with complications

-2001- 50,000 Bariatric Surgeries

-2006- 200,000 Bariatric Surgeries

-Average Cost- 30,000

-Cost with Complications- 65,000

***Obesity**- reaching epidemic levels in the United States causing Diabetes and Hypertension.

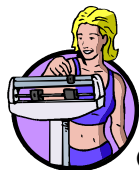
***Paper**- Atlanta Journal and Constitution July 2006

***Arthur of Article**- Mike King, for the editorial board



***Childhood Diabetes**- have a higher risk of Kidney Failure and Death by middle age in comparison the people who develop Diabetes as adults.

***Obesity**- and other related diseases shorten the average life span; this disease has increased in the past decade largely due to overeating and lack of exercise.



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***Essentials for a Trip**- Diabetes supplies with extras, 2 sets of **Glucose Meter and Batteries**, **Insulin Pen or Syringe**, cooler or **Ice Pack** to keep insulin cool, a **Physician's Letter** and prescription for all **Medications, Supplies, and Insulin**, extra pair of **Glasses**, **Phone Numbers** of health care members that you could possibly need to contact if an emergency, **Medical Identification Bracelet and Card**, **Non-Perishable Snack Foods** (crackers, peanut butter, tuna fish, crackers, etc...), **Quick Glucose Foods** for a low blood sugar (small juice box or can, glucose tablets, icing tube, jelly candies, Life Savers, Hard Candy, etc...)

***Ultimate Goal**- is to better control your blood sugar with Diet, Exercise, and Medication. Don't skip meals or snacks and try to eat at the same time daily. Exercise at the same time as well as take your medications at the same time daily. To achieve and maintain a healthy weight.



***Include**- Fresh Vegetables, Fresh Fruits and Whole Grains

***Reduce**- Saturated Fats, Sweets/ Desserts, Alcohol, and Salt/Sodium.

