

## What is pre-diabetes?

Pre-diabetes means that your blood sugar levels are higher than normal but not high enough to be diagnosed with diabetes. People with pre-diabetes are at a greater risk for developing type 2 diabetes and for heart disease and stroke.

## I have pre-diabetes... what should I do?

If you have pre-diabetes, you must do something about it. Studies have shown that people with pre-diabetes who make changes like eating healthier foods, eating smaller portions and getting regular exercise, are 58% more likely to prevent or delay getting Type 2 diabetes.

People with pre-diabetes should reduce their weight by 5-10 percent and exercise for 30-60 minutes each day. For some people with pre-diabetes, making changes early can actually reverse high blood sugar levels, and bring them back to normal.



Bronx Health REACH works with the Bronx faith-based community to improve health and get access to better health care. If you have any questions about Bronx Health REACH, contact Bethany Gotkin at 212-633-0800 ext. 328.



## MARCH 27<sup>th</sup> IS DIABETES ALERT DAY!

**ARE YOU ONE OF THE** sixty million Americans either living with diabetes or are at risk for developing type 2 diabetes that do not know it?

Diabetes Alert Day is Tuesday, March 27<sup>th</sup>. Find out today if you have are risk for diabetes or pre-diabetes by taking the Diabetes Risk Test on page two.



*"I have come that they might have life, and that they may have it more abundantly." John 10:10*

## Which factors increase my risk for diabetes?

To find out your risk, check off each item that applies to you and add up the checks.

- Always tired
- Always hungry
- Unexplained weight loss
- Wounds that don't heal
- Sexual dysfunction
- Family history of diabetes
- Overweight
- Blurred vision
- Vaginal infections
- Numbness/tingling in feet
- Always thirsty
- Frequent urination
- Blood sugar over 126 mg/dl



If your total number of checks is 7 or higher, you need to get tested for diabetes! Call your doctor, your faith-based coordinator or Bronx Health REACH at 212.633.0800 ext. 232 for more information.

## Is It a Dirty Neck or a Sign of Diabetes?

Have you noticed a patch of dark, rough or “dirty looking” skin on your child’s neck, armpit, knees or knuckles? If so, look a little closer before telling him to scrub harder in the bath tub. The “dirty looking” patch of skin may actually be a sign that your child is at increased risk for developing diabetes.

Commonly called “dirty neck,” this condition is known in medical terms as acanthosis nigricans (AAY-can-THO-sis NIG-ruh-cans) or A.N. The exact cause of A.N. is unknown, but it has been linked to overweight/obesity and insulin resistance.

The dark, rough, “velvety” patches that are characteristic of A.N. usually appear on parts of the body that bend or rub against each other - such as the neck, armpits, waist, elbows, toes and knuckles. The darkened areas on the skin are often mistaken for dirt or poor hygiene. Parents may want to scrub their child’s skin to get rid of these spots, but this will not return the skin to its original color! If you think your child may have A.N., contact your pediatrician or local doctor for an evaluation.

It is important to remember that the appearance of “dirty neck” does not mean your child has or will get diabetes, but it may be a sign of increased risk. Talk to your doctor about additional warning signs of diabetes and steps you can take to help lower your child’s risk.

