

# DIABETES IS A FAMILY AFFAIR—RISK TEST

## Could you have diabetes and not know it?

There are 20.8 million Americans with diabetes - and nearly one-third of them (or 6.2 million people) **don't know it!** Take this test to see if you are at risk for having the disease. Diabetes is the leading cause of non-traumatic, lower-limb amputations in the world and its devastating consequences are more common among African-Americans and Hispanic-Americans.



To find out if you are at risk, put the appropriate mark next to each statement that is true for you. Tally your marks at the bottom.

|  | <u>Yes</u> | <u>No</u> |
|--|------------|-----------|
| 1. My weight is equal to or above that listed in the chart to the right? <b>Mark with a √.</b>                 | —          | —         |
| 2. I am under 65 years of age <u>and</u> I get little or no exercise during a usual day? <b>Mark with a √.</b> | —          | —         |
| 3. I have a parent with diabetes? <b>Mark with a √.</b>  | —          | —         |
| 4. I have a sister or brother with diabetes? <b>Mark with a √.</b>   | —          | —         |
| 6. I notice numbness, tingling or burning in my feet. <b>Mark with an X.</b>                                   | —          | —         |
| 7. I have cuts, scrapes or sores on my feet that are slow to heal. <b>Mark with an X.</b>                      | —          | —         |

| At-Risk Weight Chart Body Mass Index    |                                   |
|---|-----------------------------------|
| Height in feet and inches without shoes | Weight in pounds without clothing |
| 4'10"                                   | 129                               |
| 4'11"                                   | 133                               |
| 5'0"                                    | 138                               |
| 5'1"                                    | 143                               |
| 5'2"                                    | 147                               |
| 5'3"                                    | 152                               |
| 5'4"                                    | 157                               |
| 5'5"                                    | 162                               |
| 5'6"                                    | 167                               |
| 5'7"                                    | 172                               |
| 5'8"                                    | 177                               |
| 5'9"                                    | 182                               |
| 5'10"                                   | 188                               |
| 5'11"                                   | 193                               |
| 6'0"                                    | 199                               |
| 6'1"                                    | 204                               |
| 6'2"                                    | 210                               |
| 6'3"                                    | 216                               |
| 6'4"                                    | 221                               |

If you weigh the same or more than the amount listed for your height, you may be at risk for diabetes.

### Scoring: If you answered YES to 1-2 checks (√)

You are probably at low risk for having diabetes now. But don't ignore your risk -- especially if you are African-American or Hispanic-American. You may be at higher risk in the future.

### Scoring: If you answered YES to more than 2 checks (√)

You are at greater risk for having diabetes. Only your health care provider can determine if you have diabetes. At your next office visit, get tested.

### Scoring: If you answered YES to 1 or more X's

You are exhibiting classic signs of diabetes complications in the feet. See a podiatric physician immediately.

### Diabetes Facts You Should Know

Diabetes is a serious disease that can lead to blindness, heart disease, strokes, kidney failure, and amputations. It kills almost 210,000 people each year.

Some people with diabetes exhibit symptoms; some do not. If you have any of the following symptoms, contact your doctor: tingling, burning or numbness in the feet; cuts and scrapes to the feet that take a long time to heal; extreme thirst; frequent urination or unexplained weight loss.

Because diabetes affects many parts and systems of the body, it is best treated by a management team. Be sure your team includes a primary care physician, a dentist, an eye doctor, a registered dietician/nutritionist and an APMA podiatric physician.