

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

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.