

1	Diabetes affects almost sixteen million Americans, but	11
2	what is really startling is that about one-third of them	23
3	don't even know they have the disease. Severe and serious	34
4	damage can be done to you if you have diabetes that goes on	46
5	untreated. Many times people are first made aware that	58
6	they might have this silent killer when they have problems	69
7	with vision or circulation.	75
8	You could be at risk for developing diabetes if you	87
9	have any of these traits: you are over forty-five, you	98
10	have a family member who has the disease, or you are about	110
11	twenty pounds or more above your ideal weight. You could	121
12	be at higher risk if you have high blood pressure, if you	133
13	are an ethnic minority, or if you have low levels of good	145
14	cholesterol. A blood test every one to three years is a	156
15	good idea so that your physician can check out your blood	168
16	sugar levels.	170
17	Diabetes can often be controlled by changes in your	181
18	diet. It doesn't have to mean daily injections of insulin	193
19	or even giving up sugar altogether. Once you realize that	205
20	a healthy diet and exercise plan can work wonders for this	216
21	disease and for your health in general, you won't be so	228
22	frightened. As a matter of fact, you could even find that	239
23	your healthier lifestyle gives you more energy and is quite	251
24	satisfying overall. Fourteen percent or so of the money	263
25	spent on health care in this country is used to treat this	275
26	disease in one way or another. A few changes in diet and	286
27	exercise might be well worth the effort if it means that	298
28	you survive.	300
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