

## Taking Action to Help Stop Diabetes

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Diabetes has been around for a long time, yet many myths about the disease persist to this day ? from what it is to how it's caused, from how dangerous it is to how we can treat it.

### About Diabetes

Basically, diabetes is a disease where the body has high blood glucose levels higher than normal. Diabetes is the result of the body either not producing enough insulin (a hormone that regulates glucose in the blood) or not responding to insulin correctly. When left untreated, diabetes can result in severe complications, including heart disease, stroke, kidney disease, foot ulcers, eye damage, and even death.

Diabetes is the 7th leading cause of death in the United States. In fact, diabetes may be underreported as a cause of death. Studies have found that only about 35 percent to 40 percent of people with diabetes who died had diabetes listed anywhere on the death certificate and about 10 percent to 15 percent had it listed as the underlying cause of death. It contributes to the deaths of over 250,000 Americans every year. In short, diabetes is much more serious than many people realize.

More than 1 in 3 American adults have prediabetes and 90% of them do not know it. If you have prediabetes, early intervention can potentially turn back the clock and return elevated blood glucose levels to the normal range, at least for a while. And if you have diabetes, healthy eating and regular physical activity can slow the progression of diabetes and reduce the risk for complications. If you're worried that you may be at risk, you can take the [Type 2 Diabetes Risk Test](#) developed by the ADA.

Talk to your doctor if you have any concerns.

## **Saladmaster Joining The Fight Against Diabetes**

At Saladmaster, we take seriously our mission to help people eat better, live better, and achieve the life they desire. We are often in search of ways we can change lives through the resources we have. As a new national sponsor of the ADA's *Together We Can Stop Diabetes*, Saladmaster is supporting the ADA's efforts to educate the public about the devastating impact of diabetes, removing the myths, and to encourage individuals, communities, corporations, and healthcare providers to take action in the fight to stop diabetes.

The ADA is a wonderful organization. It is the leading resource for the more than 30 million Americans living with diabetes and their families, and the thousands of health professionals who guide their care.

How is Saladmaster getting involved? We are a Health & Wellness booth sponsor of the [ADA's local Tour de Cure](#)<sup>®</sup> and [Step Out: Walk to Stop Diabetes](#)<sup>®</sup>, the ADA's signature fundraising events that promote biking and walking as great ways to exercise and get healthy. We encourage people to find which events are happening near them and sign up to take part. You can get a team together to further raise support and awareness.

We are excited about supporting the ADA. It's an opportunity to be part of something truly meaningful: the ADA's mission to prevent and cure diabetes and to improve the lives of all people affected by diabetes.

To learn more about diabetes and what you can do to be an advocate, visit

<http://www.diabetes.org/>

## **Connect with Saladmaster**

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