

FOR RELEASE: {TBD}
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Health Organizations Join Forces to Fight #1 Killer of People with Diabetes

(City, state)-- _____,2002---(Name of Your Organization)has joined with the National Diabetes Education Program (NDEP), the American Diabetes Association (ADA), and the American College of Cardiology (ACC) to urge the 17 million people with diabetes to manage their blood pressure and cholesterol, along with their blood glucose (blood sugar)—an approach that will help prevent heart attack and stroke—the leading killers of people with diabetes.

Marking November as National Diabetes Month, the groups are joining forces to inform people with diabetes that good diabetes management is more than lowering blood glucose. Managing blood pressure and cholesterol is also crucial. New studies show a strong link between diabetes and heart disease and the vast majority of people with diabetes don't know about their very high risk of cardiovascular disease.

(Name of your organization) and its partners are urging people with diabetes to take care of their hearts by focusing on three numbers: blood glucose, blood pressure and cholesterol. People with diabetes should ask their doctors or other health care providers three important questions:

- What are my blood glucose, blood pressure, and cholesterol numbers?
- What should my target numbers be?
- What do I need to do to reach and maintain my target numbers?

Recommended Targets:

- Blood glucose - less than 7 percent on the A1C (or hemoglobin A1C) test. Check at least twice a year.
- Blood pressure - below 130/80. Check at every doctor's visit.
- Cholesterol (LDL) - below 100. Check at least once a year.

The same steps needed to manage blood glucose work for managing blood pressure and cholesterol: follow a healthy diet and get daily physical activity to avoid being overweight and take prescribed medicines. People with diabetes should also avoid smoking and ask their health care providers about aspirin therapy.

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(Insert details on upcoming activities for Diabetes Month sponsored or created by your organization or group. We suggest including a diabetes-related comment or quote from your organization or group's leader.)

The NDEP has developed patient information materials that are available in English, Spanish, and several Asian and Pacific Islander languages. The materials include a record form to help people with diabetes keep track of their blood glucose, blood pressure, and cholesterol numbers. To order a free copy of these products or to learn more about managing diabetes, call 1-800-438-5383 or visit NDEP's Web site at www.ndep.nih.gov.

The National Diabetes Education Program is jointly sponsored by the National Institutes of Health (NIH) and the Centers for Disease Control and Prevention (CDC) and 200 public and private partners.

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