



St. Mary's County Health Department

NEWS RELEASE

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DIABETES PREVENTION TALKS AVAILABLE

LEONARDTOWN, MD (August 22, 2006) – Are you at risk? Type 2 diabetes is gaining a lot of attention these days, and St. Mary's County Health Department wants to talk about it. According to Betsy Tyer, R.N., community health educator at the health department, there's a lot to talk about since type 2 is the most common form of diabetes and is increasing at an alarming rate, especially in the adolescent population.

If you are overweight, inactive, have high blood pressure, or have a brother, parent or sister diagnosed with diabetes you may be at risk. Talking about healthy changes you can make in your lifestyle may be the most important step on the road to better health.

"We have begun a new initiative talking about *Healthy Living* to educate county residents that, although they may be at risk for type 2 diabetes, they are not helpless when it comes to reducing their risk," states Tyer. Although type 2 diabetes is often a silent disease, obvious factors in a person's life such as obesity or inactivity, can be addressed immediately, and prevent the damage to a person's eyes, nerves and kidneys that can occur long before the disease is detected and treated.

(more)

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Risk factors and some simple prevention messages are the focus of Tyler's 30 minute diabetes prevention talk. Organizations or groups may request a talk by calling the Wellness and Health Promotion Program at St. Mary's County Health Department, 301-475-4079.

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