

## Press Release

Diabetes has become a national crisis. The American Diabetes Association estimates that there are 22 million people in the United States living with diabetes. Eleven million or more may not even know they have diabetes.

Untreated, diabetes is the number one cause of blindness, individuals receiving kidney dialysis, and impotence in men. Thousands of needless amputations occur each year due to uncontrolled diabetes. Most individuals with uncontrolled diabetes die from heart attacks or strokes.

In El Paso, due to the increase in risk factors (ethnicity, obesity, inactivity), there is a disproportionate rate of diabetes. Type 2 diabetes, which used to occur in adults over the age of forty, is now developing in children as young as 5 years old. The early onset of diabetes will undoubtedly stress the local healthcare system in years to come, not to mention the human cost in terms of psychological and physical suffering.

The good news is that individuals do not have to suffer from diabetes complications. Diabetes can be controlled and managed with medical care and education. Diabetes is managed by maintaining regular visits with a diabetes specialist and following a plan designed by a diabetes health educator.

About 40% of the El Paso population is uninsured and as a result has difficulty obtaining medical care and education for diabetes management. The El Paso Diabetes Association is working with local resources to address this issue. Individuals with diabetes can access information and education on diabetes management at minimal or no cost.

For more information, please call (915) 532-6280.

The El Paso Diabetes Association is a non-profit corporation formed in conformance with the Texas Non-Profit Corporation Act and is exempt from taxation under the laws of the United States of America. The El Paso Diabetes Association is an independent organization, and is not an affiliate or subsidiary of Sierra Providence Health Network or any other healthcare provider or diabetes organization.