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Diabetes

William H. Stewart, M.D.,
State Health Officer

Diabetes is the fifth leading cause of death (nationally) by disease. If other related complications, such as heart disease, are included, then diabetes probably would be the second leading cause of death.

Yet this disease is said to be the "least appreciated and most underrated by the general public." Some medical experts consider diabetes to be the nation's number one health problem.

The number of diabetics is increasing, and the severity and frequency of complications are a serious threat:

- o Diabetes is the number one cause of blindness.
- o More than half of all heart attacks are diabetes related.
- o Three-quarters of strokes are attributable to diabetes.
- o Five of every six amputations necessitated by gangrene result from diabetes.
- o There are still many problems associated with pregnancy in the diabetic.

Before the discovery of insulin, no child who developed diabetes ever lived to become a adult. Today, the young diabetic survives, marries, and has children. But even with diet, insulin, exercise, and other good management, it is not possible to achieve "normal" levels of blood sugar.

Fortunately, medical research is striving for methods of prevention and cure. In the meantime, diabetes patients should take their disease seriously, and follow their physicians' instructions. If you are a diabetic and need help understanding your prescribed diet, consult your public health nutritionist through your parish health unit, or the Nutrition Program of the Division of Health, P.O. Box 60630, New Orleans, La.

Week beginning 8/10/75

Don't Underrate Diabetes

William H. Stewart, M.D., State Health Officer

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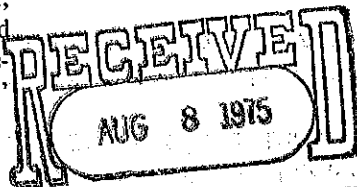
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St. John Parish Health Unit

TO: Officers, Bureau Heads, Section Chiefs, Program & Unit Administrators,
Regional and Area Medical Consultants, Parish Health Units, Branch
Offices, Regional and Laboratory Personnel

FROM: John Shirley Gullory, Public Health Education Officer, Office of
Health Education

SUBJECT: NEWS RELEASE (on reverse) mailed to 165 newspapers and TV editors
on or after date shown in lower left corner
(Dr. Stewart's column mailed to 80 weekly papers.)

Please note: This copy of release was given to mailroom for
distribution one day in advance of date shown on release