

Mayo Clinic Medical Edge

Diabetes

1:00

Log

Audio

Intro with music	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC'S MEDICAL EDGE.
	AFFECTING MORE THAN 20 MILLION PEOPLE IN THE UNITED STATES ALONE, DIABETES IS THE LEADING CAUSE OF HEART DISEASE, KIDNEY FAILURE, AND BLINDNESS. ANOTHER 40 MILLION PEOPLE HAVE BLOOD SUGAR LEVELS THAT ARE HIGH ENOUGH TO BE CLASSIFIED AS HAVING PRE-DIABETES.
Curtiss Cook, M.D. Track 2 (:10)	"THERE ARE TWO MAIN RISK FACTORS FOR DIABETES. ONE IS OUR GENETIC MAKEUP AND THE OTHER IS OUR LIFESTYLE."
	NOW THERE'S NOT MUCH WE CAN

	DO ABOUT OUR GENETIC MAKE UP... YOU CAN'T CHOOSE YOUR PARENTS. BUT MAYO CLINIC DR. CURTISS COOK SAYS MANY OF US COULD CHOOSE A HEALTHIER LIFESTYLE. THAT MEANS...
Dr. Cook Track 2 (:24)	"EATING RIGHT, EXERCISING AND TRYING TO LOSE SOME WEIGHT."
	STUDIES HAVE SHOWN THAT PEOPLE WITH PRE-DIABETES CAN DELAY AND EVEN PREVENT PROGRESSION TO FULL-BLOWN DIABETES BY FOLLOWING A HEALTHY DIET, STAYING ACTIVE AND MAINTAINING A HEALTHY WEIGHT.
	FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT MAYOCLINIC.ORG. I'M VIVIEN WILLIAMS.

