

Mayo Clinic Medical Edge

Pre-Diabetes

1:00

Log

Audio

Intro with music	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC'S MEDICAL EDGE.
	HEART DAMAGE, KIDNEY DAMAGE, NERVE DAMAGE, BLINDNESS. THE POTENTIAL COMPLICATIONS OF DIABETES ARE STAGGERING. SO IS THE NUMBER OF PEOPLE WITH THE CONDITION... MORE THAN 20-MILLION IN THE UNITED STATES ALONE.
Robert Rizza, M.D. Track 1 (1:35)	"EVEN MORE OF A CONCERN IS ABOUT 40-MILLION PEOPLE HAVE WHAT'S CALLED PRE-DIABETES WHICH MEANS IF YOU DON'T DO SOMETHING, YOU WILL PROGRESS TO GETTING DIABETES. A PART OF THE PROBLEM IS THAT MANY OF

	<p>THE PEOPLE WITH DIABETES DON'T KNOW THEY HAVE IT WHICH OF COURSE IS A MAJOR DIFFICULTY."</p>
	<p>AS A MAYO CLINIC PHYSICIAN AND PAST PRESIDENT OF THE AMERICAN DIABETES ASSOCIATION, NO ONE IS MORE CONCERNED ABOUT THIS THAN DR. ROBERT RIZZA. HIS PRESCRIPTION? EAT HEALTHY AND MOVE YOUR BODY.</p>
<p>Dr. Rizza Track 1 (4:11)</p>	<p>"ALL YOU NEED TO DO IS LOSE ONE, TWO, THREE POUNDS... WALK 30- TO 40 MINUTES A DAY. WE'RE NOT TALKING ABOUT RUNNING MARATHONS OR CLIMBING MOUNTAINS. JUST A LITTLE BIT OF ACTIVITY CAN FUNDEMENTALLY CHANGE YOUR CHANCES OF GETTING THIS DISEASE."</p>
	<p>FOR MORE INFORMATION, TALK TO</p>

	YOUR DOCTOR OR VISIT MAYOCLINIC.ORG. I'M VIVIEN WILLIAMS.