

Diabetes. Take the test. Know the score.

Diabetes affects 11 million Americans, and its complications can lead to heart disease, kidney disease, and blindness. If left untreated, diabetes can even lead to death.

While millions of people know they have diabetes, millions more have this disease but don't yet know it.

Are you at risk for diabetes? Could you already have diabetes? Find out. Answer the following simple questions. Add up your total score. If your score indicates that you are at risk for diabetes, see your doctor or health care professional. Diagnosis and effective treatment of diabetes can lead to a better quality of life.

Write in the points next to each statement that is *true* for you. If a statement is *not true* for you, put a zero. Then add up your total score.

1. I have been experiencing one or more of the following symptoms on a regular basis:
 - excessive thirst YES 30 _____
 - frequent urination YES 30 _____
 - extreme fatigue YES 10 _____
 - unexplained weight loss YES 30 _____
 - blurry vision from time to time YES 10 _____
 2. I am over 40 years old YES 10 _____
 3. My weight is equal to or above that listed in the chart (see reverse side) ... YES 20 _____
 4. I am a woman who has had more than one baby weighing over 9 lbs at birth ... YES 20 _____
 5. I am of Native American descent YES 10 _____
 6. I am of Hispanic or Black descent YES 10 _____
 7. I have a parent with diabetes YES 10 _____
 8. I have a brother or sister with diabetes YES 20 _____
- TOTAL _____

American Diabetes Association®

Scoring 30 to 50 points

If you scored 30 to 50 points, you probably are at low risk for diabetes. But don't just forget about it. Especially if you're over 40, overweight, or of Black, Hispanic, or Native American Indian descent.

What to do about it

Be sure you know the symptoms of diabetes. If you experience any of them, contact your doctor for further testing.

Scoring over 50 points

If you scored over 50 points, you may be at high risk for diabetes. You even may already have diabetes.

What to do about it

See your doctor promptly. Find out if you have diabetes. Even if you don't have diabetes, know the symptoms. If you experience any of them in the future, you should see your doctor immediately.

The American Diabetes Association urges all pregnant women to be tested for diabetes between the 24th to 28th weeks of pregnancy.

This test is meant to educate and make you aware of the serious risks of diabetes. Only a medical doctor can determine if you do have diabetes.

Want more information about diabetes? Contact your local American Diabetes Association or ADA's Diabetes Information Service Center at 1-800-ADA-DISC (in Virginia and metropolitan DC, (703) 549-1500).

Weight Chart for Women
(shows 20% over ideal weights)

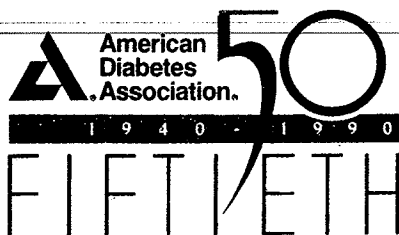
Weight Chart for Men
(shows 20% over ideal weights)

Height (without shoes)		Weight in Pounds (without clothing)	Height (without shoes)		Weight in Pounds (without clothing)
Feet	Inches		Feet	Inches	
4	9	113-127	5	1	133-146
4	10	116-131	5	2	137-151
4	11	120-134	5	3	140-155
5	0	124-138	5	4	144-158
5	1	127-142	5	5	148-163
5	2	131-146	5	6	152-168
5	3	134-151	5	7	157-174
5	4	139-157	5	8	162-179
5	5	144-162	5	9	167-184
5	6	149-167	5	10	172-190
5	7	154-172	5	11	176-196
5	8	158-176	6	0	181-202
5	9	163-181	6	1	186-208
5	10	168-186	6	2	192-214
			6	3	198-220

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DIABETES VOCABULARY

IDDM

DKA

ABG

FSBS or FSBG

H&H

CBC

WBC

CAD

Fasting blood sugar

Glycosuria

Polyuria

Polydipsia

Polyphagia

Diaphoresis

Paresthesia

Neuropathies

Necrosis

Cerebral hypoxia

Lumin

Skin turgor