A MINUTE OF HEALTH WITH CDC

Detecting Diabetes

National Diabetes Month – November 2017
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[Announcer] This program is presented by the Centers for Disease Control and Prevention.

Diabetes is a common chronic disease in the U.S., and over the past 20 years, the number of adults with diabetes has more than tripled. This increase is largely because the population is aging and more people are overweight or obese. Of the estimated 30 million adults with diabetes, one in four aren't aware they have it. Left untreated, diabetes increases the risk for heart disease and stroke and can result in blindness and amputations. Regular checkups can determine if you have or are at risk for diabetes, and early detection can help prevent the serious health problems associated with this condition.

Thank you for joining us on a Minute of Health with CDC.

[Announcer] For the most accurate health information, visit www.cdc.gov or call 1-800-CDC-INFO.