



Prevention Beat

November 2, 2011

November is American Diabetes Month

With nearly 26 million children and adults in American living with diabetes, and another 79 million at high risk for developing type 2 diabetes, the disease is taking a devastating physical, emotional and financial toll on our country. Yet, most Americans don't consider diabetes a serious matter.

Recent numbers by the Centers for Disease Control and Prevention paint a desperate situation of where we are at, and where we are headed:

- Every 17 seconds, someone is diagnosed with diabetes.
- Diabetes kills more people each year than breast cancer and AIDS combined.
- Recent estimates project that as many as 1 in 3 American adults will have diabetes in 2050 unless we take steps to Stop Diabetes.

Over time, if it's not controlled, diabetes can cause serious health problems like heart disease, stroke, and blindness.

Type 1 diabetes is usually diagnosed in children and young adults, and was previously known as juvenile diabetes. In type 1 diabetes, the body does not produce insulin. Only 5-10% of people with diabetes have this form of the disease. With the help of insulin therapy and other treatments, even young children with type 1 diabetes can learn to manage their condition and live long, healthy, happy lives.

In type 2 diabetes, either the body does not produce enough insulin or the cells ignore the insulin. Insulin is necessary for the body to be able to use glucose for energy. When you eat food, the body breaks down all of the sugars and starches into glucose, which is the basic fuel for the cells in the body. Insulin takes the sugar from the blood into the cells. When glucose builds up in the blood instead of going into cells, it can lead to diabetes complications.

You may be at risk for type 2 diabetes if you:

- Are overweight
- Exercise less than 3 times a week
- Are over 45 years old
- Have high blood pressure or high cholesterol
- Are African American, Latino, American Indian, Alaska Native, Asian American or Pacific Islander
- Have a parent, brother, or sister with diabetes

You can do a lot to lower your chances of getting type 2 diabetes by:

- Eating healthy
- Watching your weight
- Being active
- Controlling your blood pressure and cholesterol

Diabetes is a common disease, yet every individual needs unique care. People with diabetes and their families should learn as much as possible about the latest medical therapies and approaches, as well as healthy lifestyle choices.

Now is the time to act. **Become Involved in American Diabetes Month® 2011**

November is American Diabetes Month, a time to rally individuals, communities and families to Join the MillionsSM in the movement to Stop Diabetes®. This year, the American Diabetes Association is asking individuals to take a pledge and raise their hand to Stop Diabetes.

Beginning November 1, the public can take action by taking the American Diabetes Month pledge on [Facebook](#). Here are other ways you can become involved:

1. Attend an American Diabetes Month event in your area
2. Visit www.stopdiabetes.com
3. Call 1-800-DIABETES
4. Text JOIN to 69866 (standard data and message rates apply)

Want to learn more? Visit the American Diabetes Association at <http://www.diabetes.org/>.

Adult Quick Care now has flu shots available at all Kansas City area locations as well as our St. Joseph location.

******We are now open Saturdays at our Independence location from 9am – 1pm to serve your occupational medicine and urgent care needs. Our Independence location is open 5pm – 9pm Monday – Friday to serve your after hour needs as well******



Adult Quick Care is now on Facebook (www.facebook.com/aqcUrgentCare).

Become a fan to keep up with current happenings with AQC as well as Prevention Tips.

Please feel free to forward this information to any member of management in your company who would benefit from it.

To learn more about services Adult Quick Care or OHS-COMP CARE has to offer, contact our Client Services Team at (816) 561-2105 option 1 or by e-mail at clientservices@ohscompcare.com. You can also visit us at www.adultquickcare.com or www.ohscompcare.com.

OHS-COMP CARE now featuring Adult Quick Care (Urgent Care Services) has seven (7) area clinical facilities:

Independence Clinical Facility
19000 E. Eastland Center Crt, St. 200
Independence, MO 64055
816-478-9299

Johnson County Clinical Facility
10415 Lackman Road
Lenexa, KS 66219
913-495-9905

St. Joseph Clinical Facility
904 Edmond Street
St. Joseph, MO 64501
816-233-7702

Grandview Clinical Facility
13830 S Us Highway 71
Grandview, MO 64030
816-761-4664

After Hours Available

***Now open Saturday 9am – 1pm**

KCMO/Broadway Clinical Facility
1650 Broadway
Kansas City, MO 64108
816-842-2020

KCMO/Front Street Clinical Facility
6501 East Commerce, Suite 110
Kansas City, MO 64120
816-483-5550

Wyandotte County Clinical Facility
1333 Meadowlark Lane, Suite 200
Kansas City, KS 66102
913-596-2774



Adult Quick Care provides Urgent Care to Adults and Adolescents Age 14 and Older. No appointment is necessary at Adult Quick Care.

When you are sick or have a new injury, Adult Quick Care is your affordable, time saving choice for quality care.

To learn more about **Adult Quick Care** please call 816-559-6320 or visit www.adultquickcare.com.