

The Growing Epidemic of Type II Diabetes

Type II Diabetes is the most common form of diabetes and occurs when there is a buildup in the blood of abnormally high levels of sugar (or glucose). Insulin is a hormone secreted by the pancreas to regulate blood sugar levels. When the body can no longer produce enough insulin or if the body can no longer use insulin efficiently, diabetes develops.

The sharp rise in obesity and sedentary lifestyles in the United States has led to the increase in Type II Diabetes. Approximately one third of adults in the U.S. are obese and another third are overweight (BMI of at least 25). It is estimated that 20 million people have Type II Diabetes and that figure is expected to double by 2025. Type II Diabetes used to be called Adult-Onset Diabetes but with the alarming number of children being diagnosed with this form of diabetes, we can no longer use that term.

Diabetes is the most common cause of blindness, kidney failure and amputations in adults in the United States and is a leading cause of heart disease and stroke. Pre-diabetes is when blood sugar (glucose) levels are above normal but have not yet reached those of diabetes. Pre-diabetes, which causes no symptoms, significantly raises the risk of heart attack, stroke and the development of Type II Diabetes.

People over age 45 should have their blood sugar levels tested. If you are younger but are overweight or have other risk factors discuss testing with your health care provider.

The following factors increase your risk of Pre-Diabetes and Type II Diabetes:

- family history of diabetes
- overweight or obese
- exercise fewer than 3 times per week
- member of a high-risk ethnic group (e.g., African American, Hispanic/Latino, American Indian, Asian American, Pacific Islander)
- high blood pressure (140/90 or higher)
- HDL less than 35 mg/dl or triglyceride level of 250 mg/dl or higher
- diabetes during pregnancy (gestational diabetes) or having given birth to a baby weighing more than pounds
- polycystic ovarian syndrome
- acanthosis nigricans (dark, thickened skin around the neck or armpits)
- history of vascular disease (heart, brain or legs)



Look & Feel Your Best! Get to Your Healthy Weight

Medically-supervised

Customized Diet & Nutrition Programs

Fitness Plan Tailored for Your Lifestyle

Registered Dietitian, Personal Trainer
and Counselor on Staff

*Start Your
New Life
Today!*



Kathleen Hickey, MD



TRANSFORMATIONS
PHYSICIANS WEIGHT MANAGEMENT

719 Route 206 North • Suite 101 • Hillsborough, NJ

908-281-6771

www.TransformationsMD.com

The best initial approach to Pre-Diabetes and Type II Diabetes is to start on a program of weight loss and exercise. Weight loss of just 5-10% reduces your risk significantly. Dietary recommendations should be customized into a prescribed eating plan that takes into consideration your individual body type, metabolism and medical history. Nutritional supplementation is also often necessary and needs to be evaluated. Exercise plans have to be individualized in order to be effective. Most of us have a limited time to devote to exercise each week so it needs to be targeted to your level of fitness, injury history, and incorporate activities you enjoy!

Weight in Pounds

	100	110	120	130	140	150	160	170	180	190	200	210	220	230	240	250
4'	30.5	33.6	36.6	39.7	42.7	45.8	48.8	51.9	54.9	58.0	61.0	64.1	67.1	70.2	73.2	76.3
4'2"	28.1	30.9	33.7	36.6	39.4	42.2	45.0	47.8	50.6	53.4	56.2	59.1	61.9	64.7	67.5	70.3
4'4"	26.0	28.6	31.2	33.8	36.4	39.0	41.6	44.2	46.8	49.4	52.0	54.6	57.2	59.8	62.4	65.0
4'6"	24.1	26.5	28.9	31.3	33.8	36.2	38.6	41.0	43.4	45.8	48.2	50.6	53.0	55.4	57.9	60.3
4'8"	22.4	24.7	26.9	29.1	31.4	33.6	35.9	38.1	40.4	42.6	44.8	47.1	49.3	51.6	53.8	56.0
4'10"	20.9	23.0	25.1	27.2	29.3	31.3	33.4	35.5	37.6	39.7	41.8	43.9	46.0	48.1	50.2	52.2
5'	19.5	21.5	23.4	25.4	27.3	29.3	31.2	33.2	35.2	37.1	39.1	41.0	43.0	44.9	46.9	48.8
5'2"	18.3	20.1	21.9	23.8	25.6	27.4	29.3	31.1	32.9	34.7	36.6	38.4	40.2	42.1	43.9	45.7
5'4"	17.2	18.9	20.6	22.3	24.0	25.7	27.5	29.2	30.9	32.6	34.3	36.0	37.8	39.5	41.2	42.9
5'6"	16.1	17.8	19.4	21.0	22.6	24.2	25.8	27.4	29.0	30.7	32.3	33.9	35.5	37.1	38.7	40.3
5'8"	15.2	16.7	18.2	19.8	21.3	22.8	24.3	25.8	27.4	28.9	30.4	31.9	33.4	35.0	36.5	38.0
5'10"	14.3	15.8	17.2	18.7	20.1	21.5	23.0	24.4	25.8	27.3	28.7	30.1	31.6	33.0	34.4	35.9
6'	13.6	14.9	16.3	17.6	19.0	20.3	21.7	23.1	24.4	25.8	27.1	28.5	29.8	31.2	32.5	33.9
6'2"	12.8	14.1	15.4	16.7	18.0	19.3	20.5	21.8	23.1	24.4	25.7	27.0	28.2	29.5	30.8	32.1
6'4"	12.2	13.4	14.6	15.8	17.0	18.3	19.5	20.7	21.9	23.1	24.3	25.6	26.8	28.0	29.2	30.4
6'6"	11.6	12.7	13.9	15.0	16.2	17.3	18.5	19.6	20.8	22.0	23.1	24.3	25.4	26.6	27.7	28.9
6'8"	11.0	12.1	13.2	14.3	15.4	16.5	17.6	18.7	19.8	20.9	22.0	23.1	24.2	25.3	26.4	27.5
6'10"	10.5	11.5	12.5	13.6	14.6	15.7	16.7	17.8	18.8	19.9	20.9	22.0	23.0	24.0	25.1	26.1
7'	10.0	11.0	12.0	13.0	13.9	14.9	15.9	16.9	17.9	18.9	19.9	20.9	21.9	22.9	23.9	24.9

<http://www.freebmicalculator.net>

Underweight
 Normal
 Overweight
 Obesity