



# Is Diabetes in Your Future?



By Kathleen Hickey, MD

- You gave birth to a baby who weighed more than nine pounds
- You are overweight or obese
- You are 45 or older - the incidence of diabetes increases with age
- You get little or no daily exercise
- You have an increasing waist size
- Your triglycerides are elevated
- You tend to have high blood pressure.

**What are the early signs of diabetes?**

- fatigue
- increased appetite
- increased thirst
- blurred vision
- increased urination
- wounds that take longer than usual to heal.

What to do if you've already been diagnosed with diabetes or prediabetes (sometimes also called impaired fasting glucose or impaired glucose tolerance)? The most important factor associated with diabetes is your weight. Losing weight and especially reducing your waist circumference greatly improves your blood sugar control (it also can reduce your blood pressure). A Body Mass Index (BMI) greater than 24 is considered overweight and greater than 29 is considered obese (there is an easy online calculator on our website). Even more important is waist circumference. More than 35 inches around for women and 40 inches for men puts you at risk.

In a 2001 study done by the Harvard School of Public Health and published in The New England Journal of Medicine, it was shown that certain changes in exercise and diet significantly helped with type 2 diabetes prevention. In a clinical trial termed the Diabetes Prevention Program (run by the NIH - National Institute of Health), it was shown that for people at high risk for developing diabetes and prediabetes, they could benefit from specific counseling regarding diet and exercise as well as a

certain types of medication.

Transformations Physicians Weight Management is the most comprehensive medical weight management practice in New Jersey. Dr. Kathleen Hickey has advanced training in metabolism, nutrition and weight management and is the medical director at Transformations. She works with a team that includes Bianca Ramos, LSW - a therapist and motivational coach; and Lisa LaMarca, MS, RD, CPT a personal trainer and registered dietitian. We help our patients make the appropriate diet and exer-

cise changes that will work for their metabolism as well as recommend medication and nutrition supplementation regimens as indicated for each individual. Get your weight and your health back - don't let diabetes be part of your future.

*Call to schedule an appointment today: 908-281-6771.*

*Or visit us on the web at [www.TransformationsMD.com](http://www.TransformationsMD.com).*

*We look forward to working with you!*

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