Diabetes In South Carolina

South Carolina ranks 10th highest in the nation in the percent of population with diabetes.

- Approximately 1 in 8 African-Americans in SC has diabetes -- the 16th highest rate of diabetes among African-Americans in the nation.
- The prevalence of diabetes increases with age -- a dramatic increase can be seen among those 45 years of age and older.
- Diabetes is the seventh leading cause of death in SC after heart disease, cancer, accidents, stroke, chronic lower respiratory disease and Alzheimer's.
- In 2006, three to four people died each day from diabetes--that is one death from diabetes every 7 hours, 33 minutes.
- About 70 percent of adults with diabetes have high blood pressure.
- Uncontrolled diabetes can lead to many complications including blindness, kidney failure, heart attacks, strokes and amputations.

Who needs to be tested for diabetes?

Everyone needs to be tested for diabetes beginning at age 45. Earlier testing is recommended if you are overweight and have certain risk factors such as:

- physical inactivity
- first-degree relative with diabetes
- members of a high risk population (African-Americans, Hispanics or Native Americans)
- hypertension
- elevated HDL cholesterol or triglyceride level
- women with polycystic ovarian syndrome, history of cardiovascular disease or gestational diabetes

Diabetes can go undiagnosed because symptoms seem so harmless.
Research has shown that the early detection of diabetes symptoms and treatments can decrease the risk of complications from the disease. If you have one or more of the following symptoms, contact your health care provider to be tested:

**Type 1 Diabetes:**
- Frequent urination
- Unusual thirst
- Extreme hunger
- Unusual weight loss
- Extreme fatigue and irritability

**Type 2 Diabetes:**
- Any of the type 1 symptoms
- Frequent infections
- Blurred vision
- Cuts/bruises that are slow to heal
- Tingling/numbness in the hands/feet
- Recurring skin, gum, or bladder infections
- **Often, people with type 2 diabetes show no symptoms**

Have you been diagnosed with diabetes? Click here to enroll in a **FREE** program from the American Diabetes Association on Living with Diabetes.

**Diabetes Support Group**

Description: This group meets the first Monday of every month from 6 p.m. to 7:30 p.m. at the Greenville Health System Life Center. No fee to attend.
For more information, call 455-4025.
Date: Monday, April 01, 2013
Time: 6:00 pm - 7:30 pm
Address:
Information provided by the South Carolina Department of Health and Environmental Control, www.scdhec.gov