

JULY 4 Bannock County Events Center Pocatello, ID TRIBUTE AMERICA BinghamHealthcare

ADVERTORIAL

Prediabetes and High Blood Pressure Can be Managed: What to Know

Aug 13, 2018 0



f t e p

NBC NIGHTLY NEWS WITH LESTER HOLT EVENINGS AT 5:30PM

(StatePoint) Even as chronic diseases like prediabetes and high blood pressure touch more and more Americans, physicians are urging patients to keep in mind that early detection is key, and that chronic disease can often be managed with lifestyle changes.

To confront our increasing chronic disease burden, patients must be aware of their risk for type 2 diabetes and hypertension, says Barbara L. McAneny, M.D., president of the American Medical Association (AMA). To prevent both of these chronic diseases, awareness and action are key.

As part of the effort to empower Americans to confront chronic disease, the AMA offers the following guidance.

Prediabetes

While prediabetes -- the precursor to type 2 diabetes -- has serious health implications, people who are at risk can take steps to reverse the condition and prevent or delay type 2 diabetes through lifestyle changes like weight loss, healthy eating and increased physical activity. Unfortunately, not everyone is even aware they are at risk. Eighty-four million people in the U.S. are living with prediabetes, and of those that have it, 90 percent are unaware, according to the Centers for Disease Control and Prevention (CDC).

The AMA urges patients to find out their risk by taking a one-minute online test at DoIHavePrediabetes.org. In addition to the risk test, the site contains other resources and links. Developed as part of a first-of-its-kind joint national prediabetes awareness campaign launched in 2016 by the AMA, Ad Council, CDC and the American Diabetes Association, the campaign has helped hundreds of thousands of Americans learn their risk of developing type 2 diabetes. The campaign website also features lifestyle tips and links to CDC's National Diabetes Prevention Program, which connects visitors to a registry of CDC-recognized programs across the country.

Hypertension

With nearly half of all adults in the U.S. now living with high blood pressure and at increased risk of heart attack and stroke, more Americans should be monitoring their blood pressure levels and taking quick action to get their high blood pressure, also known as hypertension, under control, says Dr. McAneny.

Unfortunately, there are often no signs or symptoms of high blood pressure, which is why it is often

Newsletter Signup

KPVI Morning Headlines Would you like to receive our Morning Headlines? Signup today!

Enter email address

Sign up Manage your lists

Storm Tracker Weather

Radar Forecast Pocatello Idaho Falls

Weather radar and forecast map showing Pocatello, Idaho Falls, and surrounding areas.

KPVI Program Guide

THE BRIGHT SIDE KPVI - NEWS THAT WORKS FOR YOU

Sections

- Automotive Brndal

referred to as the "silent killer." If left untreated, the condition damages the blood vessels and increases the risk for heart attack, stroke and other serious conditions.

To help understand and manage your blood pressure numbers, visit LowerYourHBP.org, a site launched by the American Heart Association, American Stroke Association, and the AMA in partnership with the Ad Council. The site helps raise awareness of the life-altering consequences of uncontrolled high blood pressure and motivates people to work with their doctors on developing and committing to a treatment plan.

By being proactive and knowing your risks, you can take control of your health.

Photo Credit: (c) Alexander Rath / stock.Adobe.com



Latest Headlines



Rexburg Police looking for BYU-I book thief

2 hrs ago 0

The following is a news release from the Rexburg Police Department: [Read more](#)



Large tree blown over onto car in Idaho Falls

3 hrs ago 0

The following is a story written and reported by Nate Eaton of East Idaho News: [Read more](#)



Spay-ghetti Dinner Highlights Idaho Falls' No-Kill Status

12 hrs ago 0

In 2014, the East Idaho Spay Neuter Coalition was born. [Read more](#)



Late Property Assessments

Pocatello 18 hrs ago 0

Each year the county assessor's office sends out a property assessment to home owners. [Read more](#)



Kade Garner
MMJ

Business And Careers

Community Cares

Education

Espanol

Family Living

Fashion, Beauty & Fitness

Food, Recipes & Entertaining

Gift Ideas

Green Living

Health & Wellness

Home Decorating

Home Improvement

Hot Topics

How To

Kitchen, Bed & Bath

Lawn & Garden

Money & Finance

Pets

Real Estate

Seasonal

Senior Living

Tech Talk & Innovation

Travel

Submit Your News

We're always interested in hearing about news in our community. Let us know what's going on!

[Go to form](#)



KPVI Weather Pix

