

PRESSRELEASE

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Diabetes Awareness Month

Michigan City, IN (November 9, 2006) - The National Institute of Diabetes and Digestive and Kidney Diseases states that diabetes is one of the most common chronic diseases in school-age children, affecting 176,500 young people in the United States in 2005; about one in every 400-600 people under the age of 20 has type 1 diabetes; nearly 21 millions adults and children have diabetes today.

One-third of them (6.2 million) don't know they have the disease. One in three Americans born in 2000 will develop diabetes in their lifetime if nothing is done to stem the tide.

Mayor Oberlie said, "Diabetes is a serious disease in which the body does not produce or properly use insulin. Insulin is a hormone that is needed to convert sugar, starches and other food into energy needed for daily life. The cause of diabetes continues to be a mystery, although both genetics and environmental factors such as obesity and lack of exercise appear to play roles."

Diabetes causes blindness, kidney failure, and circulation problems which often lead to amputations. Diabetes kills more people than breast cancer and AIDS combined. Heart disease and stroke account for about 65% of deaths in people with diabetes.

"Screenings for high blood sugar and subsequent treatment with medications and diet can prevent these complications," Mayor Oberlie said. "I strongly encourage our residents to consult their health care professionals, whether this is your family physician or volunteers at the Open Door Health Clinic, to determine whether or not a screening is appropriate. This conversation may be one of the most important ones you'll ever have."

Mayor Oberlie has proclaimed November as **Diabetes Awareness Month in Michigan City**. He urges local leaders to join him in promoting awareness of and education about diabetes through workplaces, churches, schools, and civic organizations.

"November 14th is World Diabetes Day," said Mayor Oberlie. "Professionals and individuals around the world will be concentrating on helping others to determine if they have diabetes or have health issues which may lead to diabetes. Education, prevention, and detection are crucial to controlling this disease."

Information about diabetes and the push for awareness is available on the city website at www.emichigancity.com.

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