



NEWS

DIABETES: THE LATEST NUMBERS

How many people are affected by diabetes in the U.S.?

The new 2007 data released by the Centers for Disease Control and Prevalence (CDC) indicate that diabetes affects nearly 24 million people in the U.S. Moreover, it is estimated that 57 million have a condition called prediabetes which puts people in risk for developing type II diabetes.

The good news is that more people are aware that they have diabetes. The number of people who do not know that they have diabetes had decreased to 24% in comparison to 30% in 2005 and 50% 10 years ago.

Who is diabetes affecting?

Diabetes has increased in both adult men and women of all ages, but the elderly is still more affected by diabetes than younger people. It is estimated that about 25% of people 60 years of age and older in the U.S. have diabetes.

For more information visit www.cdc.gov/diabetes and www.diabetes.org



*“Approximately
8% of the
U.S.
population
has diabetes”*



*Green light to
the fight
against
Diabetes!*

DOCTOR DIABETIC IS WALKING WITH YOU!

Join our team and other South Floridians in this year's 5K American Diabetes Association's **Step Out: Walk to Fight Diabetes**

When?

October 25th, 2008

Where?

Miami Bayfront Park

At What Time?

Registration opens at 7:30 am and the walk starts at 9:00 am

VISIT OUR BOOTH IN THE EVENT DISPLAY AREA

For more information visit www.diabetes.org

You can also find information on our website: www.doctordiabetic.com

TIPS

Reuse of Lancets or Needles to Test Blood Sugars: A Health Concern

You should not use the same lancet or needle to test your blood sugars more than once. After testing, you must discard them and use a new one!

Because lancets and needles have become thinner in an attempt to decrease the discomfort associated with blood sugar testing, they can easily get damaged if used repeatedly. For instance, the tip of the lancet or needle can become bent as a result of reuse. The reuse of a damaged lancet or needle might damage your skin tissue and increase the risk of complications.

There is also a lubricant on the lancet, but there is only so much on it. More than likely, it's not enough for repeated use. The more you use the lancet, the rougher it can get on your skin because of the lack of lubrication.

Of more concern is the risk of infection that might occur associated with the use of the same lancet or disposable needle to test blood sugars.^{1,2} You have to remember that a person with diabetes, especially those with poor control of their blood sugars, have an increased susceptibility to infections, such as skin infections. Moreover, one of the common symptoms of diabetes is a difficulty in wound healing which aggravates the risk of infection. Complications, such as abscess of the tip of the finger and fever may occur. The wound might not heal, leading to more severe complications; such as the death of the skin tissue, infections of the finger bone, and even amputation.

Therefore, avoid complications...

- Do not use your lancets or disposable needles more than once. This is particularly important if your blood sugars are not under control.
- Observe careful hygiene. Wash your hands or use an alcohol swab before lancing your fingers. Routine hygiene is also important if you are pricking other parts of your body.
- Because the fingers are frequently exposed to contamination by bacteria and/or fungus, an alternative is to give a rest to your fingers and obtain blood from another part of the body. Discuss with your physician if alternate site testing is an option for you.

1. Monami, M. Finger Sepsis in Two Poorly Controlled Diabetic Patients With the Reuse of Lancets. *Diabetes Care*, vol 25, number 6, pg1103.
2. Suzuki, Y; Atsumi Y; Matsuoka, K. Finger Infection Resulting From Self-Monitoring of Blood Glucose and a New Aid for Reducing Risk. *Diabetes Care*, vol. 21, number 8, pg. 1373.



*“Prevention
through
education and
routine
hygiene”*

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