



TriHealth

Diabetes Digest

A publication from the TRIHEALTH DIABETES TEAM
Special edition World Diabetes Day 2022

World Diabetes Day

November 14, 2022



One disease.
One world.
One symbol.

Unite for
Diabetes Awareness

Before insulin was discovered in 1921, people with diabetes didn't live for long. There wasn't much doctors could do. The most effective treatment was putting patients with diabetes on very strict diets with minimal carbohydrate intake. This could buy patients a few extra years but could not save them. Harsh diets (some prescribed as little as 450 calories a day!) sometimes even caused patients to die of starvation. In 1921, a young surgeon named Frederick Banting and his assistant Charles Best figured out how to remove insulin from a dog's pancreas. J.B. Collip and John Macleod, went a step further developing a more refined and pure form of insulin from the pancreases of cattle. In January 1922, Leonard Thompson, a 14-year-old boy dying from diabetes in a Toronto hospital, became the first person to receive an injection of insulin. Within 24 hours, Leonard's dangerously high blood glucose levels dropped to near-normal levels.



A 3-year-old boy before, and several weeks after becoming one of the first patients to receive insulin in 1922.

Photos courtesy of Eli Lilly and Company Archives

The Power of Insulin

Approximately 96 million American adults—more than 1 in 3—have prediabetes. Of those with prediabetes, **more than 80%** don't know they have it. **ARE YOU AT RISK?**

Pre-diabetes and diabetes type 2 exist on a continuum. That is to say, the increased risk for microvascular and macrovascular disease associated with elevated blood glucose starts prior to the diagnosis of type 2 diabetes. Take the risk assessment test below. Ask family and friends to evaluate their risk. The progression from pre-diabetes to type 2 diabetes is not inevitable. Progression can be slowed or even stalled through changes to diet, regular aerobic and resistance exercise and achieving and maintaining a healthy weight.

Prediabetes Risk Test



1. How old are you?

- Younger than 40 years (0 points)
- 40–49 years (1 point)
- 50–59 years (2 points)
- 60 years or older (3 points)

Write your score in the boxes below

2. Are you a man or a woman?

- Man (1 point)
- Woman (0 points)

3. If you are a woman, have you ever been diagnosed with gestational diabetes?

- Yes (1 point)
- No (0 points)

4. Do you have a mother, father, sister, or brother with diabetes?

- Yes (1 point)
- No (0 points)

5. Have you ever been diagnosed with high blood pressure?

- Yes (1 point)
- No (0 points)

6. Are you physically active?

- Yes (0 points)
- No (1 point)

7. What is your weight category?

(See chart at right)

Height	Weight (lbs.)		
4'10"	119-142	143-190	191+
4'11"	124-147	148-197	198+
5'0"	128-152	153-203	204+
5'1"	132-157	158-210	211+
5'2"	136-163	164-217	218+
5'3"	141-168	169-224	225+
5'4"	145-173	174-231	232+
5'5"	150-179	180-239	240+
5'6"	155-185	186-246	247+
5'7"	159-190	191-254	255+
5'8"	164-196	197-261	262+
5'9"	169-202	203-269	270+
5'10"	174-208	209-277	278+
5'11"	179-214	215-285	286+
6'0"	184-220	221-293	294+
6'1"	189-226	227-301	302+
6'2"	194-232	233-310	311+
6'3"	200-239	240-318	319+
6'4"	205-245	246-327	328+
	1 Point	2 Points	3 Points
	You weigh less than the 1 Point column (0 points)		

Total score:

Adapted from Bang et al., Ann Intern Med 151:775-783, 2009. Original algorithm was validated without gestational diabetes as part of the model.

If you scored 5 or higher

You are at increased risk for having prediabetes and are at high risk for type 2 diabetes. However, only your doctor can tell for sure if you have type 2 diabetes or prediabetes, a condition in which blood sugar levels are higher than normal but not high enough yet to be diagnosed as type 2 diabetes. **Talk to your doctor to see if additional testing is needed.**

If you are African American, Hispanic/Latino American, American Indian/Alaska Native, Asian American, or Pacific Islander, you are at higher risk for prediabetes and type 2 diabetes. Also, if you are Asian American, you are at increased risk for type 2 diabetes at a lower weight (about 15 pounds lower than weights in the 1 Point column). Talk to your doctor to see if you should have your blood sugar tested.

You can reduce your risk for type 2 diabetes

Find out how you can reverse prediabetes and prevent or delay type 2 diabetes through a **CDC-recognized lifestyle change program** at <https://www.cdc.gov/diabetes/prevention/lifestyle-program>.

Risk Test provided by the American Diabetes Association and the Centers for Disease Control and Prevention.

