



NEWS

ANTELOPE VALLEY'S
HEALTHCARE
NEWS RESOURCE

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ANTELOPE VALLEY HOSPITAL RECOGNIZES AMERICAN DIABETES MONTH

(LANCASTER, CA – November 19, 2009) —In honor of American Diabetes Month during November, Antelope Valley Hospital (AVH) would like to educate the community about the seriousness of diabetes and proper control of the disease. Diabetes is a metabolism disorder that can lead to heart disease, stroke, blindness, kidney disease and even amputation.

Type 1 diabetes is often diagnosed in children and happens when the body does not produce insulin. Insulin is a hormone that converts sugar and other food into energy. This type only occurs in 5-10% of the diabetes population and is often manageable with treatments such as insulin therapy. Type 2 diabetes is the result of cells ignoring insulin or the body not producing enough insulin during the digestion process. It is often related to obesity, older age, physical inactivity and a family history of diabetes.

“Type 2 diabetes can often be prevented by maintaining a healthy weight and healthy lifestyle,” says Ashiq Patel, M.D., an Endocrinologist on staff at AVH. “This means that 90-95% of people suffering from pre-diabetes can make lifestyle changes to avoid the disease all together.”

Diabetes prevention tips:

- Lose weight if you are overweight
- Exercise
- Enjoy a nutritionally balanced diet
- Stop smoking if you are a smoker

Source: www.webmd.com

According to the American Diabetes Association, one out of every three children born today will have diabetes in the future based on the current trends. As it stands, 24 million adults and children live with diabetes in the U.S. The good news is that type 2 diabetes can be prevented (see side box).

“The LA County Department of Public Health reports that nearly 9% of adults in the Antelope Valley have diabetes, and this community has the highest diabetes death rate in all of LA County,” says Edward Mirzabegian, AVH Chief Executive Officer. “AV

Hospital wants to work with the community to decrease both the rate of suffers and the death rate thus increasing quality of life.”

About Antelope Valley Hospital

Celebrating more than 50 years of caring for the community, Antelope Valley Hospital, a facility of Antelope Valley Healthcare District, is a non-profit, 420-bed hospital that was founded in 1955. The hospital is dedicated to providing quality care and services to everyone in the Antelope Valley. AV Hospital is located at 1600 West Avenue J in Lancaster, California. For further information, please visit www.avhospital.org or call 661-949-5000.

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