



Advancing Health Newsletter



Call us to see if we can help you "lift" the weight off and take an important step in diabetes prevention.

Special points of interest:

Check with us to learn about special health screenings taking place in our clinic and at events in the community. You may qualify for a free bone density, blood pressure, HbA1c (Diabetes), Cholesterol or other testing. Call the clinic to review the qualifying criteria. (925) 930-7267 or online: www.diabloclinical.com

Inside this issue:

Pre-Diabetes: Can you prevent it?	Pages 1-2
A message from our Medical Director- Richard L. Weinstein, MD	Page 1
Pre-Diabetes: What is it? What can I do?	Page 3
Start protecting your health today-Get a free evaluation	Page 3
Is your diabetes under control?	Page 4
Areas of current study	

Pre-Diabetes...Can You *Pre-vent* it? By Helen Stacey, MD

Recent news coverage has focused much attention on the rising rates of obesity in the United States and the health risks carrying excess weight presents. Being overweight and/or obese is strongly correlated with pre-diabetes, which is a condition of abnormal blood glucose levels that typically leads to Type 2 diabetes. (See Q & A article on page 3). 41 million Americans are estimated to be pre-diabetic, and many don't know they are pre-diabetic. Many pre-diabetics can prevent or delay the onset of Type 2 diabetes through weight loss and physical activity.

Estimates indicate that one third of Americans are obese. One large survey, the 2003-2004 National Health and Nutrition Examination Survey, found that 66.3% of adults were overweight or obese, roughly divided in half between overweight and obese individuals. If your BMI puts you in the "overweight" or "obese" categories, you are at greater risk for pre-diabetes, high blood pressure, heart disease, high cholesterol and a host of other medical complications.

One indication you may be at risk for pre-diabetes is Body Mass Index (BMI)

Body mass index(BMI) is a measurement of weight adjusted for height.

BMI = weight (in kilograms)/height (in meters) squared

NORMAL BMI = 18.5-24.9

OVERWEIGHT = 25-29.9

OBESE => 30

Check your BMI online at www.cdc.gov/nccdphp/dnpa/bmi/index.htm

continued on page 2

A message from our Medical Director:

Dr. Richard Weinstein

Dear Friends of Diablo Clinical Research,

Diabetes afflicts some 19 million people in the United States. It is the main cause of kidney failure, limb amputations, and new onset blindness in adults and a major cause of heart disease and stroke. Type 2 diabetes accounts for up to 95% of all diabetes cases. Type 2 diabetes is strongly associated with obesity (more than 80% of people with Type 2 diabetes are overweight or obese). The risk of diabetes greatly increases with the rise of BMI above normal. People with a BMI of 30 or greater have a 5 times greater risk of developing Type 2 diabetes than a normal BMI. What are the next steps for those of us at risk: identify you are at risk (free screening is available) and make necessary lifestyle changes—decrease weight and increase physical activity. Can these lifestyle changes prevent diabetes? We really don't know for how long, but we all know that every year a person remains free of diabetes means a life free of the complications and medical costs of this disease. Why wait? Let's get started!

To your health,
Richard L. Weinstein, MD

Medical Director, Diablo Clinical Research

Pre-Diabetes: Can you Prevent it? (continued from page 1)

Weight loss through dieting or reducing caloric intake is an important step in preventing pre-diabetes/diabetes and other health complications. Most health care providers recommend a well-balanced low calorie diet rather than a particular “name brand” diet. Meeting with a dietician and keeping a food diary are both invaluable parts of any weight loss program. Many of the studies conducted at our site include free consultation with one of our registered dietitians. These dietitians are available to our patients to teach them about the best food choices and give suggestions on behavior modification for long-term weight loss and maintenance.

Weight loss through increased physical activity is another important step towards disease prevention. Not only does exercise burn calories, but also it is thought to increase baseline metabolic rate so that more calories are burned at rest. In addition to the cosmetic benefits associated with toned muscle and weight loss, exercise improves cholesterol, blood pressure, cardiovascular fitness, and blood sugar control associated with pre-diabetes. It is recommended that everyone get 30 minutes of moderate exercise 5 days a week. (see graph on right for exercise suggestions)

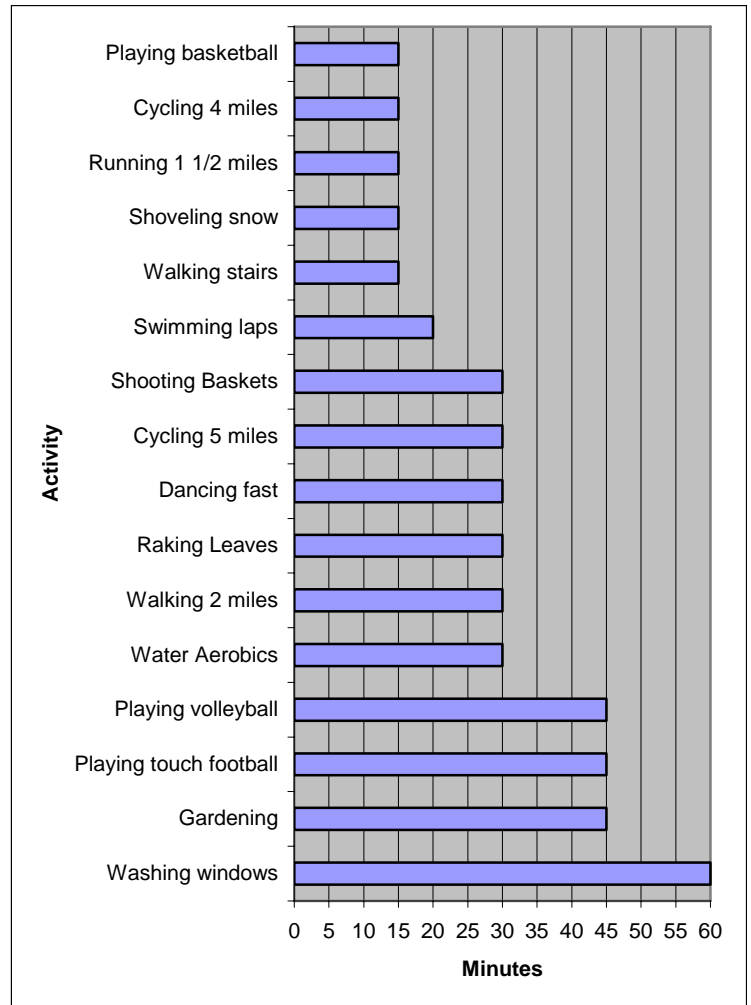
Although there is no magic bullet, there is hope and assistance in fighting this “losing” battle. Several promising new medications are being studied that may help people achieve this negative caloric balance to promote weight loss and prevent diabetes as well as other conditions that are associated with carrying extra weight (particularly weight around the middle – “abdominal obesity.”) See below why abdominal obesity increases your risk of pre-diabetes.

One class of drugs that is currently being studied for weight loss, pre-diabetes, the prevention of diabetes and other complications is called endocannabinoid receptor antagonists. These medications act in the brain to increase satiety, thereby decreasing the amount of food ingested. Many pharmaceutical companies are testing this class of drug. It appears that this class of medicine also has a favorable effect on cholesterol levels and blood sugar. Diablo Clinical Research is working with several pharmaceutical companies to study this class of drug for both pre-diabetes/diabetes prevention, diabetes, and weight loss.

Abdominal Obesity

Abdominal obesity is measured by checking waist circumference. Abdominal or central obesity has been shown to confer an increased risk of heart disease, diabetes, and hypertension. Waist circumference is used in conjunction with BMI to determine your risk for pre-diabetes/diabetes, high cholesterol, and high blood pressure. A waist circumference greater than 40” for men and 35” for women is considered high risk for these conditions. Overweight people (defined as a BMI of 25-29.9) with a high waist circumference as defined above, are in the same risk category as those who are obese (defined as BMI \geq 30).

Number of Minutes of Activity Required To Burn 150 Calories



Pre-diabetes: What is it? What can I do?

Q: What is pre-diabetes?

A: Pre-diabetes is a condition that comes before diabetes; almost all people who develop type 2 diabetes will be pre-diabetic first. It means that blood sugar levels are higher than normal but aren't high enough to be called diabetes. Pre-diabetes also is referred to as impaired fasting glucose or impaired glucose tolerance. You can have pre-diabetes and not know it.

Q: Is pre-diabetes a problem?

A: There are estimated to be 41 million people in the United States, ages 40 to 74, who are pre-diabetic. One-third of these individuals don't know that they are pre-diabetic. According to research, some long-term damage to the body, especially the heart and circulatory systems, may already be occurring during the pre-diabetic phase. According to a recent *New York Times* article, people typically are not diagnosed with diabetes for seven to 10 years, at which time it may have begun to set off serious problems that can lead to grievous consequences.

Q: If I have pre-diabetes, what does it mean for me?

A: You might get type 2 diabetes soon or sometime in the future. You are more likely to get heart disease or have a stroke.

Q: What are some risk factors for being pre-diabetic?

A: Being overweight or obese. Being physically inactive. Having high blood pressure. Having a high LDL-cholesterol level, low HDL cholesterol level and high triglycerides. Belonging to one of the following minority groups: African-American, Asian, Latino or Pacific Islander. Having a family history of diabetes. Being over the age of 50.

Q: What is the link between being overweight and being pre-diabetic?

A: When people gain weight in the abdominal area it becomes harder for the body to use sugar and sugar levels go up. Unfortunately, Americans are struggling with weight gain and so we are seeing more type 2 diabetes which is now at an epidemic level.

Q: What does it mean to have diabetes?

A: When you have diabetes, your body has elevated blood sugar levels and has difficulty turning food into energy. High blood sugar levels can have negative effects throughout the body and lead to serious health conditions if not properly treated.

If you or someone you know is or may be at risk for developing diabetes (pre-diabetic), please refer to our pre-screen offer on this page to receive information and test results regarding pre-diabetes.

Start protecting your health today- Get a free evaluation!

If you're like millions of other Americans, you may have pre-diabetes and not even know it. If you haven't been tested, contact us today to apply for a health evaluation. This is a fast way to learn if you are at risk of developing diabetes.

If you are . . .

- Between the ages of 35 and 75
- Not currently diagnosed with diabetes
- 20 pounds or more overweight or
- related to someone with diabetes

. . . then we'd like to talk to you about receiving a health evaluation.

If you are at risk for developing diabetes

The results of your evaluation will be available during your visit and if they indicate that you are at risk of developing diabetes, the clinic staff may speak to you about participating in our diabetes prevention research study. The study will help evaluate a new investigational treatment to see if it may prevent pre-diabetes from developing into diabetes. All participants will be given nutritional and lifestyle guidance as well as:

- Free study-related check-ups with a healthcare research professional during the study
- Support and confidential study-related medical advice through the duration of the study

We cannot guarantee your enrollment in the study. Your participation in the study is voluntary.

If you or anyone you know would be interested in learning more about this free evaluation and the pre-diabetes study, please call us at 925-930-7267





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Advancing Health Newsletter

Visit us on the web!
www.diabloclinical.com

Is Your Diabetes Under Control?

If you have been diagnosed with diabetes, controlling your blood sugar may be a problem. In fact, type 2 diabetes is quickly becoming one of the world's biggest healthcare problems. In the U.S. alone, an estimated 19 million people live with the disease. Medical researchers at Diablo clinical Research are studying an investigational, oral medication to assess the effect it has on blood sugar levels and related complications: weight gain and water retention.

To pre-qualify for this study, you must:

- Be 21-75 years of age, AND
- Have been diagnosed with Type 2 diabetes, AND
- Be unable to control your diabetes with:
 1. Diet and exercise alone, OR
 2. Oral medications

Qualified participants will receive at no cost:

- Study-related medical evaluations
- Study-related medications
- Study-related lab tests
- Glucose meter and test strips

Reimbursement for time and travel will be provided.

Please call: Diablo Clinical Research (925) 930-7267 or visit us online at www.diabloclinical.com

Diablo Clinical Research conducts clinical studies in many therapeutic areas. See below for a complete list of areas of study, and check our website for currently enrolling studies: www.diabloclinical.com Please share this newsletter with friends and family, or give us a call to have a copy sent. (925) 930-7267

Areas of Study

- Anxiety & Depression
- Arthritis
- Carpal Tunnel Syndrome
- Cholesterol
- Chronic Pain
- Diabetes
- Disease Prevention
- Fibromyalgia
- Gastrointestinal Disorders
- High Blood Pressure (Hypertension)
- Men's Health
- Neuropathy
- Obesity/Weight Loss
- Osteoporosis
- Sexual Dysfunction
- Women's Health