

Diabetes

Know the Signs, Know the Misconceptions

You may have attended the diabetes education class that was held in the Community Education Room on the ground floor in our Fontana location. Unfortunately, there are still many people among us that are going through life with the signs and symptoms of diabetes and not seeking treatment. Hopefully after reading this short piece, you will know what to look for and how to address common misconceptions about treating and living with diabetes.

Diabetes is becoming a national epidemic. Much of the problem is due to a lack of exercise and poor dietary habits. Common symptoms of diabetes include rapid, unexpected and unexplained weight loss; blurry vision; excessive thirst; excessive urination; increased appetite; and frequent illnesses. If left unchecked, diabetes can lead to long term complications such as kidney failure, blindness, stroke, amputations and other debilitating illnesses.

Many people believe that you have to take insulin shots if you are diabetic. This is not the case. Often, diabetes can be managed with medication, and if patients take good care of themselves, this is all they may need. Another common assumption is that avoiding sweets is enough to keep blood sugar under control. While this helps

control blood sugars, diabetic patients should also avoid excess carbohydrates—things like breads, pastas, cereal and other starches. When eaten, these food types convert to sugars in the body, and can have the same effect as candy and sweets.

Look for more information about diabetes in future issues of "Vital Signs." Until then, if you or a loved one is having any of these symptoms or has any questions, please do not hesitate to make an appointment with any of our providers.

did you know?
that a can of regular soda has the equivalent of 16 teaspoons of sugar!



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vital signs

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A Quarterly Newsletter from Cucamonga Valley Medical Group
News You Can Use for Your Health and Well Being

Colorectal Cancer

Have You Been Checked?

March was National Colorectal Cancer month. Many of you are probably thinking, "Is this important to me?" Well, colorectal cancer is the third most common form of cancer diagnosed in men and women in the United States, so it is not only important to know how to prevent this form of cancer, but also how to diagnose and screen for it.

As many of you are aware, CVMG is dedicated to ensuring that we not only work hard to treat your medical problems, but to prevent them from becoming a problem in the first place. To this end, we strongly recommend that all of our patients, men and women, have a colonoscopy once every 10 years starting at the age of 50 to screen for colorectal cancers. These recommendations are based off of the United States Preventive Service Task Force guidelines for cancer screening. Statistics show that the death rate from colorectal cancer has been dropping for the past 20 years, and this is due in large part to the effectiveness of regular colonoscopy screenings. So if you are 50+ years old, or if you have a family history of colorectal cancer, make an appointment so we can discuss what direction is best for you.



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