

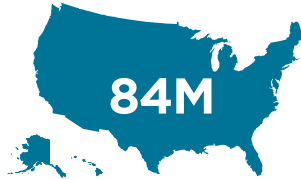
The Staggering Costs of Diabetes

GROWING EPIDEMIC

Diabetes affects
30 million
children and adults
in the U.S.



That's
1 in 11
Americans.



84 million Americans
have prediabetes and are at risk
for developing type 2 diabetes.

**90% of them don't know
they have it.**



Every **21 seconds**
someone in the
U.S. is diagnosed
with diabetes.

HUMAN COSTS

African Americans and
Hispanics are over
50%
more likely to have diabetes
than non-Hispanic whites.

People with diabetes are at higher risk of serious health complications:



STROKE



BLINDNESS



KIDNEY
DISEASE



HEART
DISEASE



LOSS OF
TOES, FEET,
OR LEGS

ECONOMIC COSTS



The total cost of diabetes
and prediabetes in the U.S. is
\$322 billion.



The average price of
insulin increased nearly **3x**
between 2002 and 2013.



People with diabetes have
health care costs
2.3x greater
than those
without diabetes.

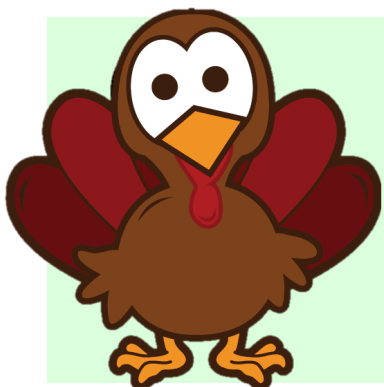
Learn more at diabetes.org



November Observance Days:

Veteran's Day: when we honor those who have served in the United States Armed Forces, falls annually on November 11. It also coincides with Armistice Day and Remembrance Day, which mark the end of World War I.

Thanksgiving: perhaps the most popular of all American holidays after Christmas, is celebrated each year on the third Thursday of November. Not only do Americans have the chance on this day to gather with friends and family over a sumptuous meal but they also get to enjoy a rare four-day weekend (with the Friday afterward, known as Black Friday, marking the traditional start of the Christmas shopping season).





For more information on diabetes, or to make an appointment, call your Weeks primary care provider at 603-788-5095.

The Diabetes Support Group monthly newsletter is produced by Weeks Medical Center Registered Nurse and Diabetes Care and Education Specialist, Ashley Clauss. If you have any questions regarding the Diabetes Support Group, contact Ashley at 603-788-5659. Not only is this support group for patients with diabetes, but also their family, caregiver, and support person. All are welcome. We are always looking for new members!



Next Meeting... Please Join Us

The next Diabetes Support Group meeting is November 15, 2022, PROMPTLY at 7pm, please arrive by 7:002pm as the doors will be locked and you will be unable to enter the building. Please use the Lancaster Patient Care Center GROUND FLOOR ENTRANCE. This is the entrance that is located off from Brickyard Rd.
Reminder: Masks are required to attend.

RECIPE OF THE MONTH

Turkey & Barley Soup

This soup is a great way to use up leftover Thanksgiving turkey, or you could use cooked chicken or other cooked protein. It's quick and easy to make, and makes enough to feed a crowd.

INGREDIENTS

- 1 tbsp olive oil
- 1 medium onion (peeled and diced)
- 2 medium carrots (diced)
- 2 stalks celery (diced)
- 8 oz sliced mushrooms
- ½ cup quick cooking barley
- 4 cups fat-free low-sodium chicken broth
- 2 cups water
- 2 cups cooked turkey breast (shredded or diced)
- ½ tsp salt
- ½ tsp ground black pepper

NUTRITION FACTS

Servings Per Recipe: 5, Serving Size: 2 cups, Calories 220, Total Fat 4.5g, Saturated Fat 0.8g, Cholesterol 45mg, Sodium 440mg, Total Carbohydrate 21g, Dietary Fiber 4g, Total Sugars 5g, Protein 25g, Potassium 720mg, Phosphorus 280mg.

DIRECTIONS

1. Add the olive oil to a soup pot over medium-high heat.
2. Add the onion, carrots, celery, and mushrooms to the pot. Saute for 8 to 10 minutes, or until the onions start to turn clear.
3. Add the barley, broth, and water. Bring to a boil, then reduce the heat and simmer for 15 minutes.
4. Add the turkey. Season with the salt and pepper. Cook until the turkey is heated, then serve.



https://www.diabetesfoodhub.org/recipes/diabetes-turkey-barley-soup.html?home-category_id=20