

News Release

For Immediate Release

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American Diabetes Association Creates Disaster Preparedness Guide for People with Diabetes

(Alexandria, VA) June 9, 2006 – People with diabetes have special needs when preparing for emergency situations and the new *Disaster Preparedness Guide for People with Diabetes* from the American Diabetes Association offers specific tips on how to prepare for this year's hurricane season and other possible emergencies. The booklet will be launched during ADA's 66th Annual Scientific Sessions meeting for over 15,000 doctors and researchers this week in Washington, DC.

“Everyone needs to be prepared for emergencies – but a person with diabetes has additional issues to consider,” commented Vivian Fonseca, MD, MRCP, Chair ADA Disaster Response Task Force and Professor of Medicine and Pharmacology, Tulane University School of Medicine. “In an emergency situation, it is easy to become preoccupied and let one’s usual diabetes care plan slip. This could cause the person to become very sick, creating another emergency for the person and his or her family.”

Among the Guide’s suggestions:

- Be prepared with basic supplies at home, at work, and in the car, as those are the three places where many people spend the most time.
- Keep in mind medications, supplies, food, and documentation when preparing an emergency kit, in addition to basic emergency supplies.
- If there is an actual emergency, people with diabetes should identify themselves as a person with diabetes, drink plenty of clean water, watch what they eat, and stick with the regular testing and medication schedule.

The *Disaster Preparedness Guide for People with Diabetes* costs \$4.95 and can be purchased by visiting the ADA Web site at www.diabetes.org or calling 1-800-232-6733.

- more -

National Office

1701 North Beauregard Street
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Diabetes Information

call 1-800-DIABETES (1-800-342-2383)
online www.diabetes.org
The Association gratefully accepts gifts through your will.

The Mission of the American

Diabetes Association is to prevent and cure diabetes and to improve the lives of all people affected by diabetes.

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Diabetes is a serious disease that affects the body's ability to produce or respond properly to insulin, a hormone that allows blood sugar to enter the cells of the body and be used for energy. Nearly 21 million children and adults in the United States have diabetes. And, an additional 41 million have pre-diabetes. Diabetes is the fifth leading cause of death by disease in the United States and it has no cure.

The American Diabetes Association is the nation's leading voluntary health organization supporting diabetes research, information and advocacy. Founded in 1940, the Association has offices in every region of the country, providing services to hundreds of communities. For more information, please call the American Diabetes Association at 1-800-DIABETES (1-800-342-2383) or visit www.diabetes.org. Information from both these sources is available in English and Spanish.

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