



# PENNSYLVANIA ACADEMY OF FAMILY PHYSICIANS

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## Know your 'ABCS' for World Diabetes Day

**Annual diabetes awareness day takes place Nov. 14, 2012**

*(HARRISBURG, PA.)* World Diabetes Day is Nov. 14, 2012, and the Pennsylvania Academy of Family Physicians (PAFP) wants to make sure that all Pennsylvanians know the **ABCS of diabetes management – A1C, blood pressure, cholesterol and smoking cessation**. The **A1C** test shows a patient's three-month glucose level; **blood pressure** higher than normal can cause problems like heart attack, stroke and kidney disease; **cholesterol** management is key to preventing blood vessels from clogging; and **smoking** elevates risk for cardiovascular disease and increasing A1C levels in patients with diabetes.

About 10 percent of Pennsylvanians 18 and older have diabetes. It is a debilitating disease, but it can be managed well with the help of a family physician. The PAFP offers myriad services to help doctors treat patients with diabetes, including research and education for family doctors. In particular, the PAFP's [Residency Program and Community Health Center collaboratives](#) are working with 37 teams from family medicine residency programs community health clinics to improve patient outcomes on diabetes.

There are healthy levels of A1C, blood pressure and cholesterol, and everyone – especially those with diabetes – should know their numbers and talk to their family physician about improving their health.

If you would like to speak with a family physician in your area about preventing and managing diabetes on World Diabetes Day, please contact Bryan D. Peach, Manager of Media and Public Relations, at (717) 635-7580 or at [bpeach@pafp.com](mailto:bpeach@pafp.com).

The Pennsylvania Academy of Family Physicians and its Foundation supports its members (including nearly 80 percent of Pennsylvania family physicians) through advocacy and education to ensure a patient-centered medical home for every Pennsylvanian. The Academy and its Foundation are the leading influential resource among family physicians and physicians in training in Pennsylvania; the primary voice on health care issues with state legislative and administrative branches of government, media and professional health organizations; and the leader on health care issues in the community.

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