

## This November, it's up to New Mexicans' to put on their capes and stand up to Diabetes

Written by Staff Reports

Friday, 03 November 2017 10:54

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ALBUQUERQUE – In recognition of November as American Diabetes Month, the American Diabetes Association of New Mexico reminds us that there's a hero inside everyone affected by diabetes. An extension of the 2016 theme, This is Diabetes, the 2017 campaign will share the stories of people with diabetes and how their strength, courage and determination make them heroes.

Nearly half of all American adults have diabetes or prediabetes, yet most don't understand the life-long burden of this chronic illness or the 24/7 work it takes to effectively manage diabetes. This campaign asks everyone affected by diabetes—whether that means people living with diabetes, caregivers or those who are at risk of developing diabetes—to put on their capes and share how they're taking a stand.

"Through your support at the federal, state or local level, we can work to find a cure, improve access to health care and protect the rights of people with diabetes," said Anne Dennis, Area Executive Director Arizona/ New Mexico.

Unaddressed, diabetes takes a heavy toll medically, financially and individually. People with diabetes are at an increased risk for other serious health conditions, including cardiovascular disease, kidney failure, amputation and blindness. The economic burden of diabetes and prediabetes in New Mexico is 2 billion dollars, and nationally people with diabetes have health care costs that are 2.3 times higher than someone without diabetes. Yet the true cost of diabetes is in the millions of lives it touches. This campaign is designed to highlight the many faces of the diabetes epidemic and encourage everyone to take a stand.

Throughout November, the Association encourages everyone to visit [diabetes.org/thisisdiabetes](https://diabetes.org/thisisdiabetes) and take a stand in one of three ways: [donating](#)  
to support research, education and prevention; [becoming an advocate](#)  
to support efforts to find a cure, improve access to health care and protect the rights of people with diabetes; or [sharing your message to "Diabetes,"](#)  
in a letter or video using #DearDiabetes.

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Local opportunities to participate in American Diabetes Month activities will include registering to be a diabetes advocate at <http://www.diabetes.org/advocacy/take-action/?loc=adv-slabnav>