

Soundbite Script – No Sugarcoating This Problem

Dr. Sameer Ansar, Endocrinologist, OSF HealthCare

“The last 20 years the rate of obesity has gone up especially in Hispanics, African Americans, Native Americans, Pacific Islanders, and obesity has a direct correlation to the development of diabetes, so that I believe is the most common reason why the rate of prediabetes and diabetes has gone up in the last many years.”

Dr. Sameer Ansar, Endocrinologist, OSF HealthCare

“When somebody develops prediabetes the risk is they will most likely develop diabetes when they are older. Diabetes puts them at risk for heart disease, stroke, amputation, blindness, renal failure, so that’s why it’s very important to prevent diabetes early so they don’t develop these complications down the road.”

Dr. Sameer Ansar, Endocrinologist, OSF HealthCare

“I think we need to encourage healthy activity early in life. Some examples we give patients are to increase fresh fruits and vegetables into their diet, lean meats, more grain, less sugary foods, less starch and sugary drinks, less soda. Decreasing their time in front of a screen. The American College of Pediatrics recommends at least 30-60 minutes of activity during the day, which can be broken down into increments of 20 minutes. That would be a good start for kids so they don’t develop prediabetes or diabetes.”

Dr. Sameer Ansar, Endocrinologist, OSF HealthCare

“The take home message is prevention is better than a cure and there is no cure for diabetes.”