The percentage of Americans with diabetes has doubled since 1988, with nearly one in 10 adults now diagnosed with the blood-sugar disease, researchers report.

In the late 1980s and early 1990s, the rate of diagnosed and undiagnosed diabetes was 5.5 percent of the U.S. population. By 2010, that number had risen to 9.3 percent. That means 21 million American adults had confirmed diabetes in 2010, according to the researchers.

Several encouraging findings emerged from the study, however. A smaller proportion of people have undiagnosed diabetes, the report found, suggesting that newer screening techniques may be more efficient.

And the researchers found that overall blood sugar control was improved, although the disease was less well controlled in some minority groups.

There are two main types of diabetes -- type 1 and type 2. Type 2 diabetes is the far more prevalent type of diabetes, accounting for 90 percent to 95 percent of all diabetes, according to the National Diabetes Education Program.

Although both types of the disease result in higher-than-normal levels of blood sugar, the cause of each is different. Type 1 is an autoimmune disease, and its development is unrelated to weight. The exact cause of type 2 is unknown, but excess weight and a sedentary lifestyle are known to play a role in its development.

Poorly controlled diabetes poses serious health risks, including heart disease, kidney damage and blindness.

For the new study, the researchers used data from the National Health and Nutrition Examination Survey (NHANES), which included more than 43,000 adults followed from the first survey period (1988 to 1994) to the most recent (1999 to 2010).

In 1988 to 1994, the prevalence of diagnosed diabetes was 5.5 percent. By the next survey in 1999 to 2004, that number had risen to 7.6 percent. In the final survey, done from 2005 to 2010, the prevalence of diagnosed diabetes was 9.3 percent.

During that same time period, levels of obesity also rose. For people without diabetes, obesity rates rose from about 21 percent in the first survey to over 32 percent in the last. In those with diabetes, nearly 44 percent were obese during the first survey. That number rose to about 61 percent in the most recent survey.

Other news from the study was that blood sugar management improved among whites, although those gains weren't seen in blacks or Mexican-Americans.

The reality is that we know what to do to prevent type 2 diabetes, but doing it on a population level is an incredible challenge. There's some evidence that the obesity epidemic may have plateaued, but combating the environment that contributes to obesity is an incredible difficulty.

So, how do you get people to embrace lifestyle changes? he added. "It's really going to take a multipronged effort that requires private and public institutions to really come together and develop a strategy to advance the message to live a healthy life.

Source: http://healthyliving.msn.com/
Diabetes and the heart

In the journal Diabetes Care, researchers reviewed 10 years’ worth of health records for nearly 74,000 people. Some had diabetes, and others did not. Their results showed the differences diabetes poses for men and women. Overall, women with diabetes were more likely to die earlier than men with this disease. They also suffered more heart-related problems and were more likely to need hospitalization for them.

Heart disease is a serious complication of diabetes. According to the American Diabetes Association, it’s the leading cause of death for women with diabetes. That may be because women are often diagnosed with diabetes later in life. They may also have other conditions that have already damaged their hearts, including high Cholesterol and excess body fat. Women who have diabetes may not always receive treatment for heart-related problems. That’s the conclusion of one past study of more 4,800 people with the disease—nearly half of whom were women. Female participants tended to have higher cholesterol levels, compared with men. But their blood fat levels weren’t checked as often. Plus, women were less likely to be on a statin—a drug that lowers cholesterol.

Beyond the heart

The risk for heart disease isn’t the only difference between men and women with diabetes. Hormones—particularly estrogen and progesterone—can play a role in managing the disease. Fluctuating hormone levels in a woman’s body can throw off blood sugar levels. As a result, some women may find it harder to control their diabetes the week before and during their period. Menopause has a similar effect. As a woman grows older, her body produces less estrogen and progesterone.

This drop in hormones may cause unstable blood sugar levels. In turn, that can worsen symptoms of menopause. Women with diabetes may suffer more bouts of mood swings, hot flashes, sleep problems and fatigue. Women with diabetes must take special care if they become pregnant, too. As with menopause, hormone levels can change constantly during pregnancy. Blood sugar levels can spike and crash much more often. To help protect the baby from health problems and an early birth, pregnant women need to keep sugar levels in a healthy range. Hormones aside, diabetes may harm women more than men in other ways. Women with diabetes are prone to urinary problems and recurrent yeast infections. Diabetes may also affect the brain. A small study compared the brain of men and women with diabetes. Brain scans showed that women suffered more changes in the area of the brain that manages memory and mood.

Source: http://inhealth.cnn/
7 invisible ways exercise improves your life

Glance around the gym, and you’ll probably see lots of people who are exercising in an attempt to shred pounds, tone muscle and look better. But numerous research studies have uncovered many other benefits to working out—ones that aren’t necessarily visible from the outside. Here are some of the awesome ways exercise can benefit your mind, body and soul.

It Zaps anxiety. Ever notice that you can start a workout feeling stressed and anxious, and end it feeling good? It isn’t in your head or actually, it is: According to a new study for Princeton University, exercise appears to change the chemistry of the brain by causing the release of GABA, a neurotransmitter that helps quiet brain activity and minimize anxiety. The study found that people who ran regularly had a low reaction to stressful situations, even if they hadn’t run in more than 24 hours.

It boosts Immunity. Regular exercise can reduce your risk of certain serious health condition, including heart disease, diabetes and some cancers. It can also decrease your chances of developing—and getting stuck with—more common illnesses, such as flus and colds. (According to one recent study, colds lasted 43% longer for people who exercised one a week or less.)

It brings on better sleep. If you’re having sleeping problems, skip the pills and hit the pool, track or spin studio. According to one study, people who exercised regularly for about 10 weeks reported sleeping better than they had previously. What exactly does “better” mean? In the case, it translated to dozing off faster and having a decreased need for sleep-promoting medication.

It decreases PMS. Women often report feeling irritable and bloated before their periods, but exercise appears to minimize these conditions. In a survey of nearly 2,000 New Zealand women researchers found that those who exercised, rested and wrote in a journal about their symptoms fared better than those who took specific vitamins or followed other Dr.’s advice. It gets you in the mood. You may have heard that smelling the pheromones in sweat can make you want to get down and dirty—but that’s not the main reason exercise can lead to sex. For men, exercise can lower the risk of erectile dysfunction, and gives both genders stamina and feel-good vibes about the body.

It strengthens the brain. Studies have found that working out can lessen the severity of memory problems in older adults, and even decrease the risk of diseases like Alzheimer’s. It can also have a positive benefit on the brain function of younger people. Research out of New Zealand shows that exercise improves executive function—the general brain processes that includes planning, memory, reasoning, problem-solving and more.

It improves body image. After summarizing the effects of 57 separate studies, a group of researchers determined that exercise does indeed improve how you feel about your body.

Source: http://www.cnn.com/
### Best Bachelor’s Degrees to Earn Online

Online learning is a great choice for students who work or have family’s responsibilities, but fields are better suited to online instruction than others. We evaluated common online undergraduates programs to find the five best fields for an online degree.

#### Why you should earn a Bachelor’s Degree Online

Online learning is most often associated with flexibility, and the key benefits of earning a degree online. Because you don’t have to attend scheduled classes you can continue to work full-time while going to school.

#### Business Administration

An online bachelor’s program in business administration typically addresses economics, finance, human resources, management and marketing and programs often allow you to specialize in one of these areas. One of the benefits of studying business administration online is that you have the chance to sharpen your technology skills, which is a common requirement for most employers.

#### Information Technology

Earning your degree online allows you to learn about the newest technology while you’re actually using it. Topics covered in these programs generally include database and network management, website development and programming.

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<th>Communications</th>
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<td>One advantage of earning your communications bachelor’s degree via distance education is that you’ll be consistently building your online communication skills through interaction with your classmates and instructors. Courses in an online program might address organizational communication and media, public relations and social media. You also might take classes in graphics and layout as well as public speaking. As a graduate of an online communication program, you could find work as a journalist or a public relations, media relations or corporate communication specialist.</td>
<td>Health services finance, information systems and management are just a few of the topics you’ll explore through an online bachelor’s program in healthcare administration. You’ll also learn about healthcare policy, managed care and health insurance.</td>
<td>Community relations manager, human resources manager and vocational rehabilitation counselor are some job options for graduates of online bachelor’s programs in Psychology. Of course, these programs also could prepare you for further study at the graduate level. Courses in an online program in psychology generally introduce abnormal, experimental, general, health, cognition, human sexually and lifespan development.</td>
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Source: [http://education-portal.com](http://education-portal.com)