



New Study Reinforces Power of Lifestyle Change for Individuals At Risk for Diabetes

In a January 4, 2010, article on www.NPR.org, consumer health correspondent Allison Aubrey reports on the major benefits that minor lifestyle modifications can have on individuals at risk for developing type 2 diabetes.

The article follows twin brothers, Paul and Tim Daly, whose genetic makeup predisposes them both to diabetes. While one brother was diagnosed with type 2 diabetes in middle age, the other remained in the pre-diabetic stage.



“Both Daly brothers had gained weight in middle age. It’s just that one gained more than the other. In 1996, when he was diagnosed with diabetes, Paul weighed 220 pounds — too much for his 5-foot-10-inch frame. Looking back, Paul says he hadn’t stuck with much regular exercise,” Ms. Aubrey reports. “By comparison, Tim was still playing Tuesday-night hoops games with friends. The year his brother was diagnosed, Tim topped the scale at about 200 pounds.”

As part of the twins’ goal to lose weight, Tim Daly enrolled as a participant in a national study for individuals at high risk for developing diabetes.

After his assignment to a “lifestyle intervention” group, Tim received assistance from a dietician as well as motivational counseling to help him eat less and exercise more. The result was a loss of 14 pounds (approximately 7% of his body weight) – a loss which study results have shown to have helped participants cut their risk for developing diabetes by nearly 60%. In fact, the researchers found lifestyle intervention to be twice as effective as medication.

To read this article in its entirety, please visit:

<http://www.npr.org/templates/story/story.php?storyId=122104219&sc=emaf>.