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Join me on BlogTalkRadio on Tuesday October 13, 2009 at 8:00 pm central time for the latest episode of "Consumer's Guide To Health". There are 23.6 million children and adults in the US, or approximately 7.8% of the population, that have diabetes. Type I diabetes (secondary to the body's failure to produce insulin) affects 5 - 10% of the population, with Type II (insulin resistance) being the more common. There are many risk factors for Type II diabetes including obesity, high blood pressure, high cholesterol, physical inactivity, and smoking. The total annual economic cost of diabetes in 2007 was estimated to be \$174 billion. The 2007 per capita annual costs of health care for people with diabetes is \$11,744 a year, of which \$6,649 (57%) is attributed to diabetes. One out of every five health care dollars is spent caring for someone with diagnosed diabetes, while one in ten health care dollars is attributed to diabetes. Needless to say, diabetes has become a significant health issue in this country.

This episode's special guest will be **Allison Sullivan** of Kerrville, Texas - triathlete and diabetic. Our discussion will focus on her personal experiences as a diabetic and how to lead an active life with this condition.

The BlogTalkRadio call-in number is 646-929-1567. You can listen online at [http://www.blogtalkradio.com/abesselink](http://www.blogtalkradio.com/abesselink "BlogTalkRadio show: Direct Access to PT") and also download this and previous episodes here as well.

I hope you can join us for the discussion!