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# Press Release

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FOR IMMEDIATE RELEASE  
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## It's Time to Take this Epidemic Seriously

There is an epidemic in this country. 24 million of us have this disease, and 40% of us, in the 40-75 year old age range, are about to get this disease. Let me repeat that because it is amazing that everyone does not know this: 40% of us are about to get this disease - or may already have it. Most patients have the illness for up to 10 years before it is diagnosed. No, the disease is not the swine flu, or anything else that you hear about incessantly on the evening news - The disease is Diabetes and it is quickly becoming the epidemic of our time. Diabetes is an illness caused by the body being unable to metabolize blood sugar (glucose) properly.

This metabolism problem leads to kidney failure, heart disease, sexual dysfunction, and stroke. The disease is closely related to the rate of obesity in this country and to our high

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carbohydrate, high saturated fat diet. "Oh I'm not *that* overweight, so I'm not going to worry about diabetes", you might say. But you are still at risk. 40% of Americans have a condition termed 'pre-diabetes' which will become florid diabetes if not treated properly. In fact it is now recommended for doctors to treat pre-diabetes patients as if they were diabetic; so from a medical standpoint 40% of us have diabetes *now*.

Another piece of bad news- the current treatment strategies for this disease are not effective enough. Many scientific studies have shown that patients who simply take the medications prescribed by their doctor over time continue to have worsening of their diabetes and the deadly problems associated with diabetes.

"So doc, what is the good news?", you may ask. The good news is that there is a newly evolving treatment method that is effective in helping patients control their diabetes. This program was developed by Dr. Pedro Martinez in Phoenix, Arizona where he operates several clinics dedicated to the treatment of diabetes. Dr. Martinez exhaustively studied a variety of diabetic treatment regimens and designed a simple, easy-to-follow program that effectively lowers patients' blood glucose levels. This program also works in conjunction with a patient's conventional medical care so he/she does not have to change doctors. Over the last several years the data from this program have been carefully monitored and statistically scrutinized. The

numbers show that the program is indeed very effective when followed correctly.

The next piece of good news is that patients don't have to go to Phoenix to experience this revolution in diabetes care. For the first time, this unique treatment strategy is available at Diabetes Wellness Clinics of Tampa Bay. This diabetes treatment center, located in Oldsmar, offers a comprehensive strategy for managing this disease - encompassing body, mind, and spirit. The patient is taught to take control of his or her diabetes and when this is accomplished the results are amazing. For more information on this revolution call or come by the clinic today. It is time for all of us to take responsibility for this epidemic - and take back the good health that is our birthright.

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**Note:** statistical data have been taken from: The Center for Disease Control - Diabetes Fact Sheet, 2007

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