



Kerr Drug
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PRESS RELEASE

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Kerr Drug Observes Diabetes Awareness Month with 10 Steps to Reduce Your Risk

Raleigh, N.C. – In light of Diabetes Awareness Month, Kerr Drug, the leading pharmacy chain in the state, is encouraging people to take the necessary steps to help reduce their risk of developing diabetes. North Carolina ranks among the states with the highest rate of diabetes. Approximately 8.3% of the population in North Carolina has diabetes, which is above the national average of 7.3%.

Ron DeVizia, PharmD, manager of diabetes services for Kerr Drug, says there are ways people can prolong the onset of diabetes and sometimes reduce their likelihood of developing the disease all together.

Here are 10 steps you can take to reduce your risk:

1. Increase your physical activity to 150 minutes per week distributed over at least 3 days, with no more than 2 consecutive days of inactivity.
2. Have your blood pressure checked yearly.
3. If overweight, try to lose 5 to 7% of your body weight and if you are greater than 200 lbs, you should lose 10 to 15 lbs.
4. Know your family history of diabetes.
5. Check fasting blood glucose yearly.
6. Have your cholesterol checked at least every five years starting at the age of 20.

7. Eat more vegetables and whole grains.
8. When cooking, bake, broil, or grill your food.
9. Have 25-30 grams of fiber daily.
10. Drink calorie-free drinks or water instead of regular soft drinks or juice.

Kerr Drug is also behind several other measures to help curb the high rate of the disease in North Carolina. In addition to its *Fight Diabetes NC* web site launched this summer, a free 35-page Kerr Drug diabetes guide is now available online at *Fight Diabetes NC* and Kerr Drug's web site.

To download your free copy, visit: www.fightdiabetesnc.com or www.kerrdrug.com.

About Kerr Drug

Kerr Drug is one of the most recognized and respected names in the chain drug industry. With its roots in The Carolinas and headquartered in Raleigh, Kerr Drug is taking the vision of community pharmacy farther than any other drug chain. The company has placed its future on its unique ability to provide patients, the medical community, and health plan sponsors, access to the most comprehensive and convenient health and wellness offering in the industry. With a mission to be the most comprehensive provider of pharmacy and related health care services, while continuing to be the most reliable provider of health related and convenience items, Kerr is currently providing services that far exceed the traditional drug store mix. For more information visit: www.kerrdrug.com