

# A Prevalent Illness

Although both type 1 and type 2 diabetes mellitus can occur at any age, the current most common type is type 2. In the past, type 2 was generally associated with the 60+ age group.

**W**orldwide, the **incidences** of younger people getting diabetes, especially type 2, are on the increase. Although **hereditary** factors do play a role in the **occurrence** of diabetes, lifestyle is the one major influence with overweight being the number one suspect in most cases. **Regardless** of which factor or factors are the cause, **early recognition** is essential in dealing effectively with the **disorder**.

**Male pharmacy customer:** Hello.  
PTA: Hello. How may I help you?

**A friend of mine told me that you do blood tests free-of-charge.**

Yes, we do. This month we are having a diabetes **awareness action**. Do you suspect that you may have diabetes?

**Having spoken to my friend, yes, I'm afraid that I might. Which is why I'm here!**

Yes, right. So, if you could follow me please. We carry out the test in our back office. It's comfortable and more private for the customers. Please, wash your hands in warm water here in the wash basin. Apparently, it helps the blood flow better.

**Okay! (Washes and dries his hands)**

Very good. The **device** that we use is quite accurate but can't **replace** a full examination by your doctor. This is only going to hurt a little. I need to **prick** your finger-tip with this **disposable** lancet for a little drop of blood. Please, take a seat.

**Okay.**

(Carries out the test) There you are! That didn't hurt, did it?

**No, not really.**

So, let's see. Mm! Your blood-sugar level is a little high.

**Little high, how high?**

Well, it's according to this it's 112mg/dl. Have you had anything to eat this morning? This would affect the reading.

**No, I especially didn't have any breakfast as my friend said I need to fast to make sure that the blood-sugar test is realistic.**

Are there any other things, you noticed at yourself in **recent** weeks?

**Such as?**

Oh, there's a whole list of symptoms such as frequent urination, increased thirst, extreme hunger, **fatigue**, and frequent infections especially the **gums** and skin. There are others, but they're the main ones.

**Certainly, I am thirsty, but I think it's because of the weather. And sometimes I'm tired, but I have to work very much.**

Okay! Well, it's good that you took your friend's advice and came to us. Only your doctor can truly **establish** if you have diabetes or not. There are other tests such a glucose tolerance tests, and various blood and urine tests that need to be done.

**Diabetes! That's the last thing I need!**

Oh! Don't worry too much! Treatment for diabetes has never been better. And the fact that you are probably at an **early stage** of the disorder, means that you may just need to change your lifestyle and **nutritional habits**. I'd wait and see what the test results tell you before starting to worry.

**Thank you, you have been very patient and helpful and I am glad that I came here!**

No, problem! Make sure to make an appointment with your doctor as soon as possible. Goodbye!

**Goodbye! Thanks again! ■**

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## VOCABULARY

Prevalent	weit verbreitet
incidences	Vorkommen
hereditary	angeboren, vererbbar
occurrence	ten
regardless of	ungeachtet
early recognition	Früherkennung
disorder	Erkrankung
awareness action	Aufklärungsaktion
device	Gerät
replace	ersetzen
prick	pieksen
disposable	Einweg-
recent	kürzlich
fatigue	Müdigkeit, Ermattung
gums	Zahnfleisch
establish	feststellen
early stages	im Frühstadium
nutritional habits	Ernährungsgewohnheiten