



DEPARTMENT OF HEALTH & HUMAN SERVICES

Public Health Service
National Institutes of Health

National Institute of Diabetes and
Digestive Kidney Diseases
Bethesda, Maryland 20892

January 4, 1991

Wini Silko
1507 N. Fife St.
Tacoma, WA 98406

Dear Ms. Silko,

Your letter to Surgeon General Dr. Antonia Novello has been forwarded to the National Institute of Diabetes and Digestive and Kidney Diseases of the National Institutes of Health (NIH), the focal point within the Federal Government for biomedical research.

I am enclosing some booklets on insulin-dependent and noninsulin-dependent diabetes that explain when to suspect diabetes and how various tests are used to diagnose it. You are absolutely correct in stating that many people have diabetes but don't know it. In the United States, approximately half of the estimated 12 million people who have the disease don't realize it. The symptoms of diabetes includes rapid weight loss, excessive thirst, frequent urination. (Other symptoms are listed in the enclosed information.) The rapidity of detection and control usually depends on how long an individual waits before seeing a doctor.

Treatment depends on whether the disease is insulin-dependent or noninsulin dependent, as well as other factors such as the patient's weight, lifestyle and diet. Diabetic care also depends on whether the individual suffers from complications associated with diabetes, such as kidney failure, coronary artery disease, etc.

According to the National Institute of Dental Research, also part of NIH, fluoride levels in water are set according to normal consumption of water. If an individual is consuming abnormally large quantities of water, he should drink bottled water. For more information on the safety of fluoride in drinking water, you may wish to contact the National Institute of Dental Research, Office of Communications, Building 31, Room 2C35, Bethesda, MD 20892.

I hope this information is helpful.

Sincerely,
Kathy Kranzfelder

Kathy Kranzfelder
NIDDK Information Office