

MAKING MONEY BY GIVING IT AWAY

For more than 25 years, Louisiana Tax Free Shopping (LTFS) has offered sales tax rebates to Louisiana's international visitors. In 2015 those visitors spent a record \$41 million with participating merchants.

Member merchants receive 30 free rebate vouchers and are listed on tourlouisiana.com, the LTFS website, and in the LTFS shopping directory.

Our member merchants achieve record sales while helping increase state tax coffers and put money back in the hands of consumers from around the world - consumers that often name the program as one of the reasons they visit Louisiana.

Starting with only one redemption center in New Orleans, LTFS has grown to seven statewide. We've become a selling point for travel agents, a draw for families and a plus for meeting and event planners from around the world.

Joining LTFS allows merchants to market their goods directly to



affluent tourists who spend more and stay longer than their domestic counterparts.

Tax free shopping is promoted in trade shows from Shanghai to Paris and all across the USA to leading travel and tourism groups. Partnering with the Louisiana Office of Tourism and local and regional visitor bureaus gives the program maximum exposure, which in turn helps member stores attract more customers.

Best of all, participation is FREE.

www.louisianataxfree.com
(504) 568-7840

IN order to grasp the seriousness of diabetes in Acadiana, unfortunately, all one has to do is look at the numbers.

Throughout the United States, nearly 10 percent of the American population has diabetes. In Louisiana, though, that number rises to 13.9 percent or 521,294 citizens according to the American Diabetes Association, making the disease the fifth leading cause of death according to the state Department of Health. In addition to that group, it's estimated that approximately 100,000 more Louisiana residents have undiagnosed diabetes, costing the state \$4.1 billion four years ago in direct medical expenses.

If recent diabetes trends continue to escalate at their current rate, by 2030



HEALTHY OUTLOOK

Diabetes leads as most pressing health concern facing residents of Acadiana

BY WILLIAM KALEC

BY THE NUMBERS

DIABETES



About 1 in 10 people have diabetes



About 1 in 4 people don't know they have diabetes



About 1 in 3 people will develop diabetes in their lifetime

PREDIABETES



About 1 in 3 adults have prediabetes

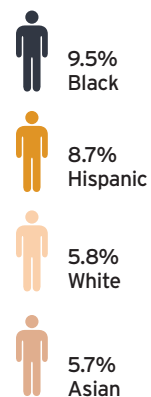


About 9 out of 10 don't know they have prediabetes

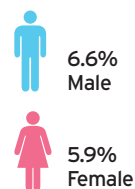
DEMOGRAPHICS

The rates of diagnosed diabetes by:

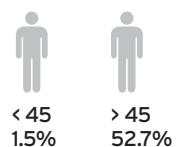
RACE



GENDER

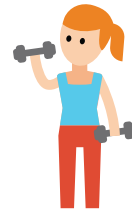


AGE



SOURCE: CDC.GOV/DIABETES/STATISTICS

PREVENTION



Exercise



Eat a healthy diet



Maintain a healthy weight



Don't smoke

more than 600,000 Louisianans will have the condition.

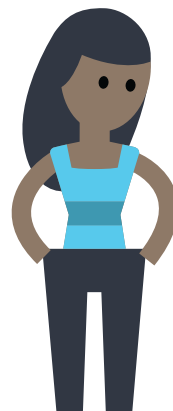
"I've been doing this for 40 years, and diabetes has been, and remains a huge issue in Acadiana, in particular with the Cajun population," says Dr. Weston Miller, Chief Officer of Abbeville General Hospital. "Many diabetic-condition patients and many laypeople think that the diabetic condition is all about high blood sugar. But in actuality, the diabetic condition is about blocked arteries. If you look at what happens under the microscope to the tissue that is

ill-affected by diabetes, it's all about microcirculation clogging – it's about the diabetic condition leading to hardening of the microscopic arteries."

"I don't think the public is misinformed about what causes diabetes," Dr. Miller says. "The public understands that obesity can lead and often does lead to diabetes in a high percentage of cases. However, obesity is not the only factor. So the cause of diabetes is still an area of discovery and research."

The consequences and medical

SYMPTOMS



Unexplained weight loss



Feeling very hungry and weight gain



Increased thirst



Increased urination



Numb or tingling hands/feet



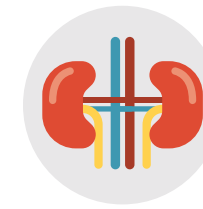
Extreme fatigue and increased weakness

RISKS

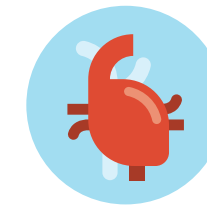
People who have diabetes are at a higher risk of serious health complications:



BLINDNESS



KIDNEY FAILURE



HEART DISEASE



STROKE



LOSS OF LIMB

complications that can arise from diabetes are well established. According to the Mayo Clinic, diabetes is often an accelerant in cardiovascular disease, neuropathy, kidney damage, serious vision conditions, wound healing and infection after surgery, hearing impairment, Alzheimer's disease, along with difficulty in other parts of the body.

"As a shoulder specialist, one of the things I see in my practice that seems to be more prevalent in patients with diabetes

is something called Frozen Shoulder – the technical term being adhesive capsulitis," says Dr. Malcolm Stubbs of Lafayette Bone and Joint. "It's a condition where the shoulder becomes extremely stiff and starts out extremely painful, as well. And really, upper extremities and shoulder complaints aren't something you normally associate with diabetes."

For adults at high risk of diabetes, research shows that moderate weight loss (5 to 7 percent of current body

weight) and regular exercise (30 minutes, five times a week according to the Centers for Disease and Prevention) can prevent or severely delay the condition. For those already diagnosed with diabetes, the side effects of the disease can be minimized as long as it's detected and then treated accordingly.

"Most of our studies show that if a person is good at controlling their diabetes – as in they are already being treated, following diet

restrictions and compliant with their medication – it can be managed," Stubbs says. "Where we see the issues is when people lapse off their medication, or don't lose weight or don't handle their diet. But if you keep it under control, the risks are a lot less. That's the main thing."