If you have diabetes, get help, get informed & get active.

Preventing Diabetes

Type 1 Diabetes: The body does not produce insulin at all.

Type 2 Diabetes: The body does not make enough insulin or the body cannot use the insulin immediately.

A majority of people with type 2 diabetes initially have prediabetes. Their blood glucose levels are higher than normal, but not high enough to merit a diabetes diagnosis. The cells in their body are becoming resistant to insulin. Anyone who has prediabetes should be checked for type 2 diabetes every one to two years.

The good news is that those who have prediabetes can cut their risk of getting diabetes in half with a healthy diet and exercise. Research shows that you can lower your risk for type 2 diabetes by 58% by:

- Losing 7% of your body weight (about 15 pounds if you weigh 200 pounds).
- Exercising moderately (such as brisk walking) 30 minutes a day, five days a week.

Studies continue to show that lifestyle changes are more effective than drugs. The changes include increasing the activity level to lose weight and adjusting the diet to minimize sugar and unhealthy carbohydrates, such as cookies, ice cream, white bread, pizza and French fries. It’s important to be screened regularly to rule out diabetes or to catch it early and begin treating it. People who are overweight, have a close relative with type 2 diabetes or are of Middle Eastern, African or South Asian descent have a higher risk of developing diabetes.

Be proactive and ask to be tested if your risk is high. Taking charge of your health by staying active and making healthy food choices may prevent this disease.

CDC estimates that close to 86 million US adults have prediabetes and 90% of them don’t know it. This means that there is an opportunity to prevent getting diabetes by taking a few steps.

First step is to evaluate your risk by going to doihaveprediabetes.org and taking a short survey. This will assist you in figuring out whether you need to go to your doctor and get a blood test to check your A1C and fasting glucose levels.

Why is that important? Diabetes impacts nearly every part of the body. Latest studies show that if you have diabetes:

- You are more likely to be diagnosed with dementia.
- Six out of ten people have nerve damage that can cause problems like numbness, burning, tingling and pain in the feet or hands.
- The risk of heart attack or stroke is two to four times higher.
- It is the leading cause of kidney failure.
- It causes 60% of foot and leg amputations that are not caused by accidents.
- It can cause blurry vision, spots or other symptoms and can lead to blindness.

Diabetes 101: When food is eaten, it is changed into fats, proteins or carbohydrates. When carbohydrates are digested, they change into sugar or glucose. Glucose travels from the stomach through the bloodstream to the muscles and fat cells. It is the main source of fuel for our bodies. But sugar cannot enter the cells without the help of insulin, a hormone that is produced by the pancreas. Insulin unlocks the muscle and fat cells allowing sugar to enter. If the pancreas does not produce enough insulin to match the sugar entering the bloodstream or if the body’s cells do not respond to the insulin the body is producing, the cells remain closed. This causes the sugar to back up in the blood stream, leading to elevated blood sugar levels. This is diabetes.

We support healthy choices

For more information:

www.guideinc.org

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