Making your blood sugar move

Diabetes

What are the risk factors?
You’re at greater risk if you’re:
- Age 40 or older.
- Overweight.
- Related to someone with diabetes.
- African American, Latino, Native American, Asian American or Pacific Islander.

How can you tell if you might have diabetes?
It can affect different functions of the body and there are many symptoms. Some common warning signs are:
- Constant thirst.
- Constant hunger.
- Frequent urination.
- Fatigue.
- Weight loss.
- Blurred vision.

What is diabetes?
It’s a disease that develops when your body doesn’t make or use insulin properly. Insulin is the hormone that helps blood sugar move into your body’s cells, to give you the energy you need, and without that — serious health problems can occur. If left untreated heart disease, kidney disease, blindness, loss of limbs, and diseases of the nervous system can develop. And people with diabetes are twice as likely to have a heart attack or stroke.

24 Million People
According to the American Diabetes Association, 24 million people in the United State have diabetes. And 6 million people, that’s 25%, don’t even know they have it. So it’s important to understand what diabetes is and how you can help to prevent it or manage the condition.

If you think you may have diabetes, don’t wait to take action. Call your doctor and schedule a check-up that includes a simple test for diabetes. By detecting diabetes in its early stages and getting proper treatment you can lower your risk of complications.
How can you control diabetes?

While there isn’t a cure for diabetes, you can control it by working closely with your health care team. Your team may include your doctor, eye doctor, diabetes educator and a nutritionist.

Together, you and your doctor can make a treatment plan to control your blood sugar levels. By following a proper plan of diet, exercise, and medication you can control diabetes and prevent serious health problems in the future.

And if you control your diabetes, you can lead a full, active life. Studies have shown that maintaining lower blood sugar levels helps even those who have had poor control in the past.

Can diabetes be prevented?

The Diabetes Prevention Program, a study sponsored by the National Institutes of Health, found that people with prediabetes (higher than normal blood sugar levels) can prevent or delay the onset of the disease by a 5-7% weight loss. That’s only 10-15 lbs. for a 200 lb. person.

And it’s easier than you think. You just need to build up to 30 minutes of physical activity a day, 5 days a week, and eat a reduced fat and lower calorie diet.