

NOVEMBER American Diabetes Month



Imagine a World Without Diabetes

That's the dream of the American Diabetes Association, which hosts American Diabetes Month every November.

10%

Nearly 30 million Americans are affected by diabetes – that's 10 percent of our population.

Lowering Your Risk

While there is no way to predict or prevent Type 1 diabetes, there are steps you can take to lower your risk for Type 2 diabetes.

- **Healthy Weight** – Staying at a healthy weight can help lower your risk for many health issues, including Type 2 diabetes, heart disease, and high blood pressure.
- **Healthy Eating** – Eating a balanced diet and limiting carbohydrates might be the most important thing you can do to lower your risk for Type 2 diabetes.
- **Physical Activity** – Even if you aren't normally active, starting an exercise routine can help lower a lot of health risks.

Types of Diabetes

Type 2 diabetes – This is the most common form of diabetes. Type 2 causes the body to not use insulin properly and results in high blood sugar levels.

Type 1 diabetes – Only five percent of diabetics have Type 1. With Type 1, the body attacks the insulin-producing cells in the pancreas, keeping it from ever producing insulin again.

Prediabetes – Before someone develops Type 2 diabetes, they go through “prediabetes” – their blood sugar levels are elevated but aren't high enough to be diagnosed diabetic.

Know the Symptoms

- Frequent urination
- Feeling very thirsty
- Extreme fatigue
- Blurry vision
- Feeling very hungry, even though you're eating



On average, a diabetic will spend twice as much on healthcare than those without the disease.

For more information, go to www.diabetes.org.

Source: American Diabetes Association