

Prevention

You can lower your risk for diabetes by creating a healthy lifestyle:

1. **Stay at a healthy weight or lose weight if you are overweight.** Losing just 7% of your body weight can be helpful. This means losing about 15 pounds if you weigh 200 pounds.
2. **Participate in 30 minutes of physical activity per day.** This can be in 10 minute increments throughout the day, it does not have to be all at once. Be sure to consult your provider prior to starting an exercise routine.
3. **Eat healthy foods.** This includes fruits, vegetables, whole grains, lean proteins, low-fat dairy and healthy fats.



Falls
COMMUNITY
HEALTH



Sources: National Institutes of Health (www.niddk.nih.gov), American Diabetes Association (www.diabetes.org), and Diabetes Council (www.thediabetescouncil.com)

Feel Well. Live Well.

National Diabetes Awareness Month



SPREAD THE
WORD
NOVEMBER NATIONAL DIABETES AWARENESS MONTH

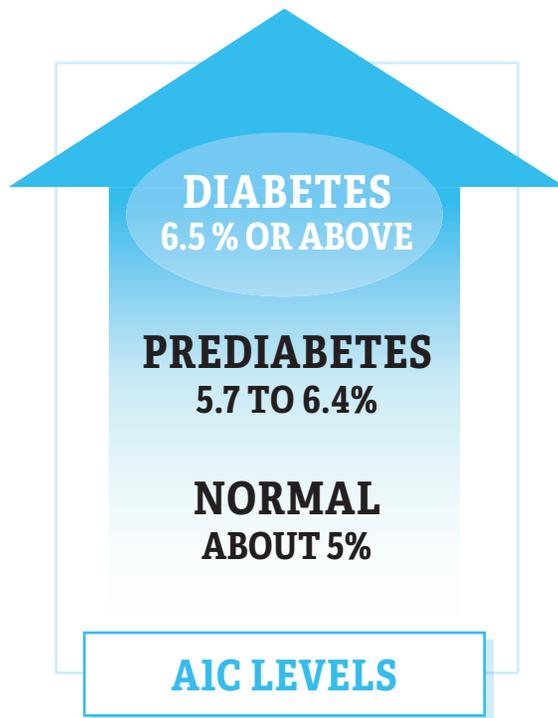




Prediabetes

Before you develop type 2 diabetes you may have prediabetes. This means your blood glucose levels are higher than normal but not high enough to be diagnosed as diabetes. There are not really any symptoms of prediabetes.

Developing a healthy lifestyle can be one way that you can lower your risk for developing prediabetes and type 2 diabetes.



A1C: This test measures your average blood glucose for the last 2 to 3 months.

Type 2 Diabetes

This indicates that there is a problem with how your body uses **insulin which causes blood glucose (sugar) levels to rise higher than normal**. If your body is not using insulin properly that is called insulin resistance.

Type 2 Diabetes is the most common form of diabetes.

Some people can control their diabetes with healthy eating and exercise however **some people use medications to control it.**



Type 1 Diabetes

This is usually diagnosed in children and young adults. In type 1 diabetes the body does not produce any insulin. When you eat, the body breaks down the sugars and starches into a more simple sugar called glucose.

Insulin is needed to help get glucose into cells so that it can be used for energy. People that have type 1 diabetes manage it using insulin therapy.

Gestational Diabetes

This type of diabetes is developed during pregnancy. **This does not mean that you had diabetes before getting pregnant** or that you will have diabetes after giving birth.



For Your Health

SPREAD THE
WORD

National Diabetes Awareness Month



Connect with us @LiveWellSF

