



NOVEMBER AMERICAN DIABETES MONTH

Diabetes is a disease that occurs when your blood glucose, (i.e. blood sugar), is too high. When not managed properly, diabetes can have serious side effects, including damage to the eyes, kidneys, nerves, and heart. Additionally, diabetes is associated with an increased risk of developing certain types of cancer, including liver and pancreatic cancer.

According to the Centers for Disease Control and Prevention (CDC), about 38.4 million people in the U.S. have diabetes. About 1 in 5 adults with diabetes do not know they have it. Another 97.6 million American adults have pre-diabetes, which means their blood sugar levels are higher than normal but not yet high enough to be classified as diabetes. If you have diabetes, taking charge of your health as early as possible may help prevent additional health problems.

Types of Diabetes:

- **Type 1:** Occurs when the pancreas produces little or no insulin. It is often diagnosed in children or young adults.
- **Type 2:** Occurs when the body does not use insulin properly or does not produce enough insulin. It is often associated with being overweight and physically inactive.
- **Pre-diabetes:** Occurs because blood sugar levels are higher than normal, but not high enough for a diabetes diagnosis
- **Gestational Diabetes:** Occurs during pregnancy and increases future diabetes risk for the mother

Tips to help you prevent or manage Diabetes:

- **Maintain a healthy weight:** Losing even 5-7% of your body weight can significantly lower your risk of developing type 2 diabetes
- **Stay active:** Aim for at least 30 minutes of moderate physical activity daily, such as brisk walking, to help regulate blood sugar levels
- **Eat a healthy diet:** Focus on whole grains, lean proteins, vegetables, and healthy fats while limiting sugary drinks and refined carbs to keep your blood sugar stable
- **Get regular check-ups:** Monitor your blood sugar, blood pressure, and cholesterol levels, especially if you have risk factors such as family history or prediabetes

American Diabetes Association: 800.DIABETES (342.2383)
www.diabetes.org

National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK): www.niddk.nih.gov

Sources:

- <https://www.niddk.nih.gov/health-information/diabetes>
- <https://healthylearn.com/connerstrong/hc/diabetes.html>
- <https://healthylearn.com/connerstrong/hn/prevent-diabetes.html>