

Diabetes: If You Can't Prevent It, You May Be Able to Delay It



Wellness Can't Wait

- Cook dinner**
- Buy concert tickets**
- Talk to your doctor about diabetes**

Some things should be checked first.

Many people don't know they have prediabetes – a condition in which blood glucose levels are higher than normal, but not high enough to be diagnosed as diabetes. **The good news is that** prediabetes can be reversed. **Your Wellness Can't Wait.** Now is the time to make your health your priority.



WHEN IT COMES TO DIABETES, SMALL CHANGES IN YOUR DIET AND LIFESTYLE MAY BE ABLE TO HELP YOU PREVENT THE DISEASE OR DELAY ITS ONSET.

Through a national study called the Diabetes Prevention Program (DPP), the National Institutes of Health (NIH) found that “millions of high-risk people can delay or avoid developing type 2 diabetes by losing weight through regular physical activity and a diet low in fat calories.”

According to the NIH the three major causes of type 2 diabetes are often within our control. They include:

- Excess weight
- Physical inactivity
- Sleep problems

Diabetes Basics

When we eat, most of our food is turned into glucose, or sugar, that the body uses as energy. With diabetes, blood sugar, or blood glucose, is too high. Insulin, a hormone made by the pancreas, moves the sugar around the body and to our cells.

For a person with diabetes, the body doesn't make enough insulin or is unable to use the insulin it does make. In either case, sugar builds up in the blood. Over time, this may lead to heart attacks, high blood pressure, stroke, blindness and more.

Types of Diabetes

There are two types of diabetes – type 1 and type 2.

With type 1 diabetes, the body does not make any insulin. People with type 1 diabetes need to take insulin each day.

With type 2 diabetes, the body doesn't make enough insulin or doesn't use it well. This is the most common form of diabetes and the type that can benefit from lifestyle changes.

Simple Ways to Fight Diabetes

Adding more physical activity to your day and eating better aren't new messages. But how do you really make it happen? It may be easier than you think. Start with small steps outlined in these tips. Healthy actions do add up!



1. When possible, use the stairs instead of the elevator or escalator.
2. Walk in place while watching TV.
3. When you're doing errands, park a little farther away or get off the bus a stop earlier.
4. Eat an orange instead of drinking orange juice.
5. Drink plain water instead of juice, soda, flavored water or diet drinks.
6. Cut down your salt. Try to cook more with spices.
7. Never grocery shop on an empty stomach.
8. If you need to snack between meals, try to choose whole foods like grains, fruits or veggies. Even popcorn without the salt can take care of those hunger pains

Delaying diabetes is the first step to preventing diabetes. Along with making healthy changes, talk with your doctor about getting your blood sugar tested. Be sure to let your care provider know if you have a family history of diabetes.