

Diabetes Prevention

If your health care team believes you are at risk of diabetes or you present with signs or symptoms consistent with diabetes, you will be asked to do a blood test. You may be diagnosed with diabetes even if you do not have symptoms of disease.

Diabetes symptoms are likely to range from none to severe depending on the type of diabetes. Some symptoms of high blood sugar levels include:

- Increased urination
- Increased thirst
- Hunger
- Feeling tired
- Blurred vision
- Poor wound healing / frequent infections

The key to success is in preventing pre-diabetes and Type 2 diabetes. Identifying risk means asking yourself the following key questions:

- Am I aged 45 years or older?
- Am I overweight?
- Do I have high blood pressure or cholesterol?
- Do I have a family history of diabetes?
- Am I African American, Hispanic, American Indian or Asian?
- Do I have a history of diabetes occurring during pregnancy?
- Did I deliver a baby weighing more than 9 pounds?

The American Diabetes Association Diagnostic Criteria

Diagnosis	Fasting (without food)	2 hour after eating
No Diabetes	Below 100 mg/dl	Below 140 mg/dl
Pre-diabetes	100-125 mg/dl	140-199 mg/dl
Diabetes	Above 125 mg/dl	Above 199 mg/dl

For many people, these signs or symptoms are very mild which may contribute to the reason why many people with diabetes remain undiagnosed. Prevention and early screening are essential.

If you answered 'yes' to any of the above questions then you should be screened & start to reduce your risk of pre-diabetes and Type 2 diabetes by implementing the following:

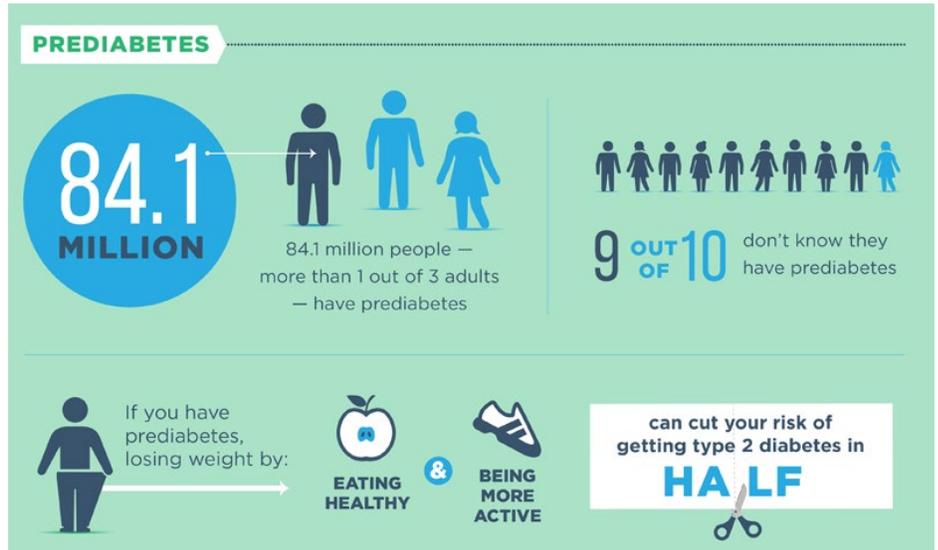
- Look for opportunities to move more during the day
- Exercise 30 minutes at least five times per week
- Eat a healthy meal plan including grains, cereals, fresh fruit and vegetables, low fat dairy and lean meat
- Reduce fat intake
- Reduce food portions
- Maintain an ideal body weight,

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Diabetes Facts

The number of people with diabetes is increasing rapidly worldwide. In the United States alone, there are over 20 million people living with diabetes, of which six million do not know they have it. There is also an estimated 54 million people with glucose intolerance (pre-diabetes).



Diabetes means high glucose levels in the blood and urine, either caused by low levels of insulin production by the pancreas and / or the insulin not working effectively. High glucose levels can cause damage to blood vessels within the body, including those leading to the brain, eyes, heart, kidneys, nerves, feet, and sexual organs. There is a significant personal and social cost when complications develop.



Unfortunately, many of these complications progress silently, without signs or symptoms. Approximately 90 percent of people with diabetes have Type 2 diabetes, a condition where prevention

is possible in many cases. Optimizing lifestyle factors such as healthy eating, physical activity and maintaining an ideal body weight are essential elements in Type 2 diabetes prevention.

Glucose intolerance (Pre-diabetes) is a term used when blood glucose values are between the non-diabetes and diabetes range. The predicted 54 million people who currently have glucose intolerance in the United States have a 5-15 times greater risk of developing Type 2 diabetes. As there are usually no symptoms associated with pre-diabetes, people remain undiagnosed.



Prevention is important, as people with glucose intolerance are at a significantly higher risk of having poor cardiovascular health. Following a healthy eating and activity plan is essential in optimizing weight, overall health, including reducing risk for both glucose intolerance and Type 2 diabetes development.