

Women on the Alert

preventing diabetes



Be on the Alert

Today, there are approximately 57 million people in the United States with pre-diabetes, a condition that raises a person's risk for developing type 2 diabetes, heart disease, and stroke; could you be one of them? Healthy lifestyle habits are the key to delaying or preventing type 2 diabetes from happening to you.

Diabetes is a chronic condition in which your body either does not produce enough insulin, or it does not use insulin properly. Diabetes can lead to serious health complications, including kidney disease, nerve damage, and vision problems. It can also raise your risk of heart disease. In fact, 2 out of 3 people with diabetes die from heart disease and stroke. This is likely because most people with diabetes also have one or more **cardio metabolic risk factors**, which are being overweight, having high blood pressure, abnormal cholesterol levels, and high triglycerides.

Pre-Diabetes - Are You Already in the Danger Zone:

Pre-diabetes commonly has no signs or symptoms. Take action and decrease your risk:

- Know your fasting glucose number. Normal range is 60 - 100 mg/dL
- Achieve and maintain a healthy weight for you. It is particularly important to reduce excess abdominal fat (apple-shaped bodies are at increased risk)
- Increase your physical activity
- Manage your blood pressure, cholesterol, and triglyceride levels

The following factors can increase your risk, and the more factors that apply to you, the more important it is to make sure you are taking action to prevent diabetes!

- Age - 45 or older
- Family history of pre-diabetes or diabetes
- Hispanic, African-, Asian-, or Indian-American
- Gestational diabetes (or delivered a baby over 9 pounds)
- Polycystic ovary syndrome (PCOS)

Warning Signs:

Watch for "red flags" that warn you may have diabetes:

- Increased thirst
- Unexplained weight loss
- Slow-healing sores and frequent infections
- Frequent urination
- Fatigue
- Extreme hunger
- Blurred vision
- Itchy skin

The American Diabetes Association recommends routine blood glucose screenings for everyone, starting at age 45. Pre-diabetes testing is important for anyone with a family history of type 2 diabetes, women with a personal history of gestational diabetes, and for those who are obese or have cardio metabolic syndrome.

Preventing Diabetes - Steps You Can Take:

Partner with your doctor: discuss any symptoms and review both your personal and family medical history

Eat to prevent diabetes: follow a balanced, nutritious diet and limit portion sizes

Exercise: 30 minutes of regular exercise most days of the week is recommended

Lose weight and maintain a healthy weight for your body: Excess weight increases blood pressure and works against the action of insulin.

Stop smoking: If you smoke, do the right thing - QUIT!

Reduce alcohol intake: limit alcohol to no more than 1 drink per day

If you already have diabetes, the same preventive measures will also help you manage your diabetes and reduce your risk of health complications down the road. With proper management, diabetes *can* be controlled...by being on the alert, you can help prevent diabetes from happening to you!

PREVENT DIABETES

Spirit of
Women.