



Your Health and Wellness

Diabetes Facts and Prevention

November 2014

Understanding Diabetes

What it is and how you can prevent it

Diabetes is a group of diseases characterized by high blood glucose levels that result from defects in the body's ability to produce and/or use insulin. Diabetes is a serious disease, but if you manage your diabetes properly, you can prevent or delay diabetes complications.

Healthy Reminders

Never underestimate the importance of good health

Do not exercise when fasting blood sugars are too high or too low (check with your doctor for guidance).

If experiencing symptoms of retinopathy, do not exercise as they may worsen with physical activity.

Do not participate in physical activity if ketones are present in the urine.

Do not inject insulin into a part of the body you plan to exercise immediately because insulin will absorb faster in that area.

Balance Your Diet

- Eat well-balanced meals – low in fat, low in sugar, and high in fiber
- Include protein with each meal
- Monitor portion control
- Limit trans fats



Did you know?

Diabetes causes more deaths per year than breast cancer and AIDS combined.

Someone in the U.S. is diagnosed with diabetes every 17 seconds.

If you are overweight, losing just 5–10% of your body weight can make a huge difference in your blood sugar control.



Diabetes Risk Factors

- Being older than 45
- Being overweight
- Having a close family member who has diabetes
- Having had diabetes when you were pregnant
- Being African American, Hispanic/Latino, Asian American, or Native American

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