

Diabetes: Know It to Beat It

Raising Awareness and Taking Action

November is **Diabetes Awareness Month**, highlighting a condition affecting over **37 million** Americans. Diabetes occurs when the body cannot produce or effectively use insulin, leading to high blood sugar levels. **Early detection is vital**, as managing diabetes effectively reduces the risk of serious complications like heart disease and kidney damage. Regular screenings and blood tests can help identify prediabetes or diabetes early.

Lifestyle changes play a crucial role in prevention and management. Adopting a balanced diet rich in whole foods, engaging in at least 150 minutes of exercise weekly, monitoring blood sugar levels, and staying hydrated are essential steps. By fostering understanding and implementing good wellness habits, we can create a **healthier** community together.

LIFESTYLE MODIFICATIONS TO MANAGE AND PREVENT DIABETES

BALANCED DIET

Focus on whole foods, such as fruits, vegetables, lean proteins, and whole grains. Limit processed foods, added sugars, and unhealthy fats.

REGULAR PHYSICAL ACTIVITY

Aim for at least 150 minutes of moderate exercise per week. Activities like walking, swimming, and cycling can help maintain a healthy weight and improve insulin sensitivity.

MONITOR BLOOD SUGAR LEVELS

For those diagnosed with diabetes, regular monitoring helps manage levels and adjust dietary and lifestyle choices accordingly.

REGULAR CHECK-UPS

Routine visits with healthcare providers are crucial for managing diabetes and monitoring potential complications.

STAY HYDRATED

Drinking plenty of water can help maintain healthy blood sugar levels.

SOURCES: Centers for Disease Control & Prevention, American Diabetes Association, Mayo Clinic