

Diabetes Prevention Tips and Tricks

Simple Changes can Reduce your Risk

Did You Know

Medical expenditures for people living with diabetes are almost 2½ times that of someone without diabetes.

8% of the total population of the US has diabetes

The Importance of Knowing The Facts

In 2011, the American Diabetes Association (ADA) stated that there were a total of 25.8 million cases of diabetes in the United States. The most common form of diabetes is type 2, also known as hyperglycemia, which accounts for 97% of all diabetic cases. Hyperglycemia is caused when the body becomes resistant to insulin or the pancreas becomes unable to produce enough insulin required for the body.

Review some of the tips below about diabetes, how it affects your life, and how to reduce your risk:

Small Changes make a Big Difference

We all know the importance of being a healthy weight, but did you know that maintaining a healthy weight is a key method to avoid developing hyperglycemia? Even if you are overweight, with small changes you can create a healthier lifestyle to lead you to your ideal weight.

- Reduce sugar intake, especially artificial sweeteners.
- Use high-intensity, short burst workout to help regulate blood sugar.
- Detox. Much of what we eat can clog our systems, detoxing can increase the body's productivity and inclination to weight-loss.
- Keep a record of what you eat. This will create a physical record for what is being put into the body.
- Make small substitutions; instead of having a chocolate bar, eat some almonds. Over time the healthy choice will be the go-to.

The key to success is making small changes over time; this will prevent a burnout from not seeing results!

The ADA recommends regular screening for patients over 45, but anyone overweight should be screened regularly. Speak with patients about their risks for diabetes and steps to avoid it. Patients can evaluate their risk on the ADA website.

(<http://www.diabetes.org/diabetes-basics/prevention/diabetes-risk-test/>)

References

1. <http://www.diabetes.org/diabetes-basics/prevention/>
2. <http://www.mayoclinic.com/health/type-2-diabetes/DS00585/DSECTION=tests-and-diagnosis>
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5. <http://www.mayoclinic.com/health/type-2-diabetes/DS00585/DSECTION=risk-factors>