



Preventing Type 2 Diabetes

WHAT MAKES ME MORE LIKELY TO GET DIABETES?

Type 2 diabetes runs in families. Also a woman who has had Gestational Diabetes is more likely to develop it. But heredity is not the whole story. Lifestyle choices can prevent or delay the disease.

WHAT CAN I DO TO REDUCE MY RISK?

An overweight, unfit body uses insulin poorly. Lean muscle uses insulin better. Weight control and being more active makes the body more sensitive to insulin.

You do not have to lose to your “ideal” body weight to reduce your risk. Even a weight loss of 10-20 pounds may help. The trick is to keep the weight off with a healthy diet and regular exercise.

Over one-third of the people who have diabetes do not know it. If you are at high risk, have your blood sugar tested every year. The symptoms of Type 2 diabetes are easily missed. Often they seem like the normal signs of aging. Finding diabetes early may prevent diabetic complications.

Common diabetes symptoms include:

- fatigue
- unexplained weight loss
- skin infection
- persistent or frequent vaginal or urinary tract infection
- frequent urination
- blurred vision
- excess thirst or hunger

WHAT LIFESTYLE CHANGES CAN HELP?

Changes in eating and exercise are never easy. Make one or two changes each month and you will have a whole new lifestyle in one year.



WHAT LIFESTYLE CHANGES CAN HELP? (CONTINUED)



- Work up to 30 minutes or more of exercise 5-7 days a week.
- Eat five or more cup servings of fruits and vegetables per day.
- Skip high fat and fried foods.
- Drink very little or no alcohol.
- Switch to high fiber breads and cereals.
- Eat only 2-3 ounces of meat, fish or poultry at lunch and dinner.
- Drink lots of water instead of sugary drinks.
- Season food with fat-free broth, herbs and spices instead of fat.
- Don't overeat at night. Space your food evenly throughout the day.
- Eat slowly and enjoy your food while sitting at a table.

MY GOALS FOR PREVENTION

Choose one or two lifestyle changes to work on this month. Start with those that you think you can really do. Early success will help you work toward harder goals later.

My goals for this month are

1. _____.
2. _____.

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