

Diabetes Prevention



Diabetes can be prevented, or at least delayed. As you read in the interview with John Banks, on the cover of this newsletter, John was at a very high risk for developing diabetes. He had what is known as pre-diabetes. This means that he had at least one high fasting blood glucose reading. This reading wasn't high enough for him to be diagnosed with diabetes, but high enough to be called pre-diabetes. People with pre-diabetes have a higher risk of getting Type 2 diabetes and heart disease. People need to take this diagnosis SERIOUSLY, like John and others have. Some studies have shown that this high blood glucose may already be harming your body. But as you can see from John's story, it is possible to prevent diabetes even if you have been told you have pre-diabetes or are at a high risk of developing it.

Even if you haven't been diagnosed with pre-diabetes, you still may be at risk for developing diabetes. You are at risk if you are overweight, inactive, have high blood pressure, high blood cholesterol, or a smoker. You are at risk of developing diabetes, heart and kidney disease if you have any of those listed above. The more that you have, the higher the risk.

As you can see from John's story, it is possible to prevent diabetes even if you have pre-diabetes or any of the risks listed above. You can do this, by doing the following:



Lose Weight. Like John said, there is a great dietitian available free at the health center that can help you develop a weight loss plan. Call 817-7400 for an appointment with Madeleine Martin.



Stop Smoking. There is great smoking cessation counseling available for free at the Health Center.



Lower Blood Pressure and Blood Cholesterol. Losing weight, following a diet low in fat and high in fiber, and exercising can help you do this. Ask your doctor what's best for you.



Get a Regular Check-up. If you have been told that you are at risk of developing diabetes. It is **very important** that you get a physical examination once every year by your doctor. You should take that warning from your doctor seriously and follow up with him or her.



Regular Exercise! Start out slowly, take the stairs, walk your dog, play outside with your kids, clean the house... Just taking a 30-minute walk everyday counts. Exercise helps you lose weight, lower blood pressure and blood cholesterol. It also makes you feel great!!



Stop Smoking Tip:

When you feel the urge to have a cigarette, take 5 deep breaths. If the urge is still there, go for a quick walk around the block. Remember, urges to smoke are temporary.