

American Diabetes Month Question

People with pre-diabetes can prevent the development of Type II diabetes by making changes in their diet and increasing their level of .

(Fill in the blank)

Keep reading to find the answer!

Diabetes: Signs and Symptoms

- Intense thirst and frequent urination
- Flu-like symptoms such as increased fatigue and weakness
- Unusual weight loss
- Extreme hunger
- Blurred vision
- Slow-healing sores or frequent infections
- Nerve damage (neuropathy)
- Red, swollen, tender gums

Diabetes: Causes

- When you eat, your body breaks down carbohydrates into various sugar molecules. It is absorbed directly into the bloodstream after you eat.
- Insulin is a hormone produced by the pancreas that allows blood glucose to enter the cells of the body and be used for energy. It also helps maintain a normal sugar level in your blood.
- In Type II diabetes, your pancreas produces some insulin but one or two problems develop:
 - For some reason, your muscles and body tissue become resistant to insulin.
 - Your pancreas does not make enough insulin.
- When your cells become resistant to insulin, sugar accumulates in the bloodstream.

Diabetes: Risk Factors

- **Weight-** Being overweight is one of the main risk factors. Fatty tissue, especially around the abdomen, may cause resistance to insulin.
- **Inactivity-** Being active helps control weight and helps the body absorb glucose.
- **Family History-** Your risk increases if you have a parent or sibling with Type II Diabetes.
- **Age-** The older you get, the greater the risk, especially after age 45.
- **Race-** Diabetes is more common among African Americans, Latinos, Native Americans, Asian Americans, and Pacific Islanders.
- **Depression-** People with depression seem to have an increased risk. A possibility is that they often gain weight and are inactive.

Diabetes: Prevention

Pre-diabetes is a serious medical condition that can be treated. The good news is that the recently completed Diabetes Prevention Program (DPP) study conclusively showed that people with pre-diabetes can prevent the development of Type II diabetes by making changes in their diet and increasing their level of physical activity. They may even be able to return their blood glucose levels to the normal range.

While the DPP also showed that some medications may delay the development of diabetes, diet and exercise worked better. Just 30 minutes a day of moderate physical activity, coupled with a 5 -10% reduction in body weight, produced a 58% reduction in diabetes.

Screening for Type II Diabetes

Fasting Blood Glucose Results	What does it mean?
< 70 mg/dL	Below normal glucose
70 – 99 mg/dL	Normal results
≥ 126 mg/dL	Pre – diabetes or impaired fasting glucose (IFG)
≥ 126 mg/dL	Diabetes