



## June 2015 Diabetes

### Preventing Type 2 Diabetes

One-third of those with type 2 diabetes (6.2 million people) do not know that they have the disease. According to the American Diabetes Association, diabetes often goes undetected because many of its symptoms seem harmless. Symptoms include:

- Frequent urination
- Excessive thirst
- Extreme hunger
- Unusual weight loss
- Increased fatigue
- Irritability
- Blurry vision

The following factors place people at a higher risk of developing both pre-diabetes and type 2 diabetes:

- Obesity (especially over the age of 45)
- Over 45 years old
- Inactivity
- High blood pressure, low HDL cholesterol and high triglycerides
- Family history of diabetes
- Ethnicity—African-Americans, Hispanics, American Indians and Asian-Americans are at a higher risk
- History of gestational diabetes or delivered a baby who weighed nine pounds or more
- Slow-healing sores or frequent infections

Blood tests are used to screen for diabetes. Once diagnosed, your doctor will prescribe a treatment that suits your needs. If you are diagnosed with pre-diabetes, there's good news: progression from pre-diabetes to type 2 diabetes is not inevitable. You can manage your condition—or prevent it from worsening—with these easy steps:

- Have routine diabetes screenings, especially if you gain weight or are inactive.
- Increase your vegetable consumption and decrease processed carbohydrates.
- Do 30 minutes of moderate physical activity each day to keep your weight within the normal range.
- Lose any excess weight (even 10 pounds can have significant positive impact on your health).

To find out if you are at risk, take the online diabetes risk assessment available at [www.diabetes.org](http://www.diabetes.org).

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