

Weight Management and Diabetes

Excess weight can significantly impact blood sugar control and increase the risk of related complications. Understanding the relationship between weight and diabetes is key for effective management.

The Link Between Weight and Diabetes

- **Insulin Resistance:** Excess weight can lead to insulin resistance, a condition where the body's cells become less responsive to insulin. As a result, the pancreas works harder to produce more insulin, which can eventually lead to type 2 diabetes.
- **Inflammation:** Obesity is associated with chronic low-grade inflammation, which can contribute to insulin resistance and other health problems.
- **Genetic Predisposition:** While genetics play a role in diabetes, lifestyle factors, such as diet and exercise, can significantly influence the risk of developing the disease.



Strategies for Weight Management with Diabetes

1. Healthy Eating

- **Balanced Diet:** Prioritize whole grains, lean proteins, fruits, and vegetables.
- **Portion Control:** Be mindful of portion sizes to avoid overeating.
- **Limit Processed Foods and Sugary Drinks:** These can contribute to weight gain and blood sugar spikes.
- **Hydration:** Drink plenty of water throughout the day.

2. Regular Physical Activity

- **Aim for 30 Minutes of Moderate-Intensity Exercise Most Days of the Week:** Activities like brisk walking, swimming, or cycling can help burn calories and improve insulin sensitivity.
- **Strength Training:** Incorporate strength training exercises to build muscle mass, which can help boost metabolism.

3. Medication and Therapy

- **Consult Your Healthcare Provider:** Discuss weight loss medications or therapies that may be appropriate for you.

4. Behavioral Strategies

- **Mindful Eating:** Pay attention to hunger and fullness cues.
- **Stress Management:** Practice stress-reduction techniques like meditation or yoga.
- **Sleep:** Aim for 7-8 hours of quality sleep each night.

5. Remember

- **Consult Your Healthcare Provider:** Before making significant changes to your diet or exercise routine, consult with your healthcare provider.
- **Set Realistic Goals:** Start with small, achievable goals and gradually increase the intensity of your efforts.
- **Stay Positive:** Celebrate your successes, no matter how small they may seem.



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