

Preventing Type 2 Diabetes

Being overweight or having a family history of Type 2 diabetes can put you at risk for developing it yourself. A few simple lifestyle changes could help you avoid serious health complications later. Consider the tips below.

Tip 1: Get More Physical Activity

There are many benefits to regular physical activity. Exercise can help you:

- Lose weight
- Lower your blood sugar
- Boost your sensitivity to insulin — which helps keep your blood sugar within a normal range

Research shows that both aerobic exercise and resistance training can help control diabetes, but the greatest benefit comes from a fitness program that includes both.

Tip 2: Go for Whole Grains

Whole grains may reduce your risk of diabetes and help maintain blood sugar levels. Try to make at least half your grains whole grains. Ready-to-eat whole grains include various breads, pasta products and many cereals. Look for the word [whole] or [100% whole] grain on the package and among the first few items in the ingredient list.

Tip 3: Eat Plenty of Fiber

- Eating more foods with fiber reduces your risk of diabetes by improving your blood sugar control and lowering your risk of heart disease.
- Fiber promotes weight loss by helping you feel full.

Foods high in fiber include fruits, vegetables, beans, whole grains, nuts and seeds.



Tip 4: Lose Extra Weight

If you're overweight, every pound you lose can improve your health. In one study, overweight adults reduced their diabetes risk by 16 percent for every kilogram (2.2 pounds) of weight lost. Also, those who lost a modest amount of weight — at least 5 to 10 percent of initial body weight — and exercised regularly reduced the risk of developing diabetes by almost 60 percent over three years.

Tip 5: Make Healthier Choices

Think of variety and portion control as part of an overall healthy-eating plan. If you're over the age of 45 and your weight is normal, ask your doctor if diabetes testing is appropriate for you.

The American Diabetes Association recommends blood glucose screening if:

- You're age 45 or older and overweight.
- You're younger than age 45 and overweight with one or more additional risk factors for type 2 diabetes—for example, a sedentary lifestyle or a family history of diabetes.



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