7 TIPS for lowering your risk of diabetes

Did you know that 84 million Americans are at risk for prediabetes?

Prediabetes means your fasting blood glucose (sugar) is higher than normal (100-150mg/dL), but not yet diabetes. Diabetes is a disease that may cause kidney failure, stroke, blindness, loss of feet or legs, or heart disease. Many people can lower their risk of type 2 diabetes through lifestyle changes.

1. **Maintain a healthy weight.** Studies show that being overweight is a major risk factor in developing type 2 diabetes. Losing 5–7 percent of your body weight can help slow or reverse prediabetes (this is only 10–20 pounds if you weigh 200 pounds).

2. **Exercise regularly.** Take a walk, ride a bike or do any activity that gets you moving! Add resistance training, like weights or body weight exercises, 2-3 times a week.

3. **Eat healthy.** Cutting foods high in sodium, fried food and saturated fats can help improve your weight, blood glucose, blood pressure, cholesterol numbers and overall health. A food and activity tracker is a great tool for maintaining your goals.

4. **Quit smoking.** Stopping tobacco use can lower risk of heart disease, diabetes, cholesterol, blood pressure, lung and mouth cancer, and more. Smoking increases insulin resistance, which raises the risk of developing diabetes. Talk to your doctor about a tobacco quit program.

5. **Know your numbers.** Your fasting blood glucose (sugar) should be less than 100 and A1C (3-month average glucose) should be below 5.7.

6. **Share your personal health history and family health history with your doctor** to ensure appropriate testing. Some ethnic groups have a higher risk of developing diabetes.

7. **Limit alcohol.** Drink in moderation: a maximum of one drink per day for women and two drinks per day for men are recommended.

Join a diabetes prevention program if your physician diagnoses you with prediabetes or abnormal blood glucose. This program offers support and tips to help reduce your risk of type 2 diabetes and improve your health! Your doctor can direct you to a program near you, or visit **doihaveprediabetes.org** to find a program in your area.

This health alert is brought to you by:

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These items are provided solely for informational purposes and are not intended as a substitute for consultation with a medical professional. Patients with any specific questions about the items on this list or their individual health should consult their physician.