

# Women on the Alert

preventing diabetes



**D**iabetes is a chronic disease that can lead to serious medical complications and interrupt everyday life. The good news is there is a lot you can do to lower your risk of getting diabetes. In fact, 90-95% of Americans diagnosed with diabetes have type 2 – **a completely preventable condition**. Read on to find out if you are in the danger zone or are already experiencing warning signs, and what you can do to prevent diabetes from happening to you.

## Be on the Alert!

Start a diabetes discussion with your doctor today by evaluating this list of classic “red flag” symptoms together:

- Increased thirst
- Frequent urination
- Extreme hunger
- Unexplained weight loss
- Fatigue
- Blurred vision
- Slow-healing sores or frequent infections
- Itchy skin

## Know Your Risk

How many of the following controllable risk factors apply to YOU?

- I am carrying excess weight, especially around the middle (apple-shaped body type)
- I am physically inactive
- I have high blood pressure
- I have abnormal blood fats (high LDL cholesterol, low HDL cholesterol and/or high triglycerides)



## Take Action — Help Reduce Your Risk

**Move:** Exercise will boost overall body function and help with weight management.

**Eat Smart:** Replace processed foods with fruits and vegetables, nuts and seeds, choose non-fat or low-fat dairy, select only lean cuts of meat, and make sure to buy whole grains.

**Drop Those Extra Pounds:** Maintaining a healthy weight is crucial to preventing diabetes.

**Nix Those Bad Habits:** Limit alcohol to no more than one drink per day and quit smoking.

**Use this information to talk with your doctor or make changes in your life. You deserve a long and healthy life – stay well and strong to get the most out of each and every day.**

**Reading List** - Click the books below to help you be on the alert and prevent diabetes:

**The 30-Day Diabetes Miracle: Lifestyle Center of America's Complete Program to Stop Diabetes, Restore Health, and Build Natural Vitality** (Hardcover) by Franklin House (Author), Stuart Seale (Author), Ian Blake Newman

**American Diabetes Association Complete Guide to Diabetes** (Mass Market Paperback) by American Diabetes Association (Author)

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