



Keeping diabetes at bay

Take a closer look at these prevention tips



Diabetes is a condition where the body can't make insulin, or can't use it well. Insulin is a hormone that helps our bodies get energy from the glucose in the food we eat. Without it, glucose levels in the blood stream are too high. Over time, this can cause damage to your body tissue and organs.¹

Type 2 diabetes is the most common type. People with this kind of diabetes make too little insulin, or their bodies aren't able to use it as they should.¹ The good news is that it can be prevented and controlled.

Preventing type 2 diabetes^{2,3}

- Exercise for 30 to 60 minutes every day.
- Get to or stay at a healthy body weight.
- Make sure you're getting enough rest every night.
- Eat more fruits and veggies, and pay attention to your portion sizes. Limit foods that are high in sugar, fat or sodium.
- Quit smoking.
- Keep an eye on your blood sugar, and if you're concerned about it, talk to your doctor about when and how often you should get tested for diabetes.

Remember, during your next doctor's visit, talk about your risk factors and preventive tests for a little extra peace of mind.



Find local support and resources

If you're dealing with diabetes, visit the American Diabetes Association website at diabetes.org. Check out what's available in your community, like a local support group that can help you learn useful tips.



Sources:

1 International Diabetes Federation website: *About Diabetes* (accessed April 2018): idf.org.

2 Centers for Disease Control and Prevention website: *Tips From Former Smokers: Smoking and Diabetes* (accessed April 2018): cdc.gov/tobacco/campaign/tips/diseases/diabetes.

3 International Diabetes Federation website: *Prevention* (accessed April 2018): idf.org.