bodyMIND℠
Your Monthly Guide to Good Health

PUT A STOP TO TYPE 2 DIABETES

Diabetes is a chronic disease in which the body does not produce or properly use insulin, a hormone that is necessary for the body to convert food into energy. Currently in the United States, 23.6 million children and adults have diabetes, and nearly one-quarter of these people are unaware that they have the disease. Untreated, diabetes can lead to serious complications including cardiovascular disease, blindness, nerve and kidney damage, and amputations.

PREVENT TYPE 2 DIABETES

Type 2 diabetes is the most common form of diabetes, accounting for between 90 and 95 percent of cases. In type 2 diabetes, either the body does not respond as it should to insulin (referred to as insulin resistance), or the body no longer produces an adequate amount of insulin. According to the American Diabetes Association, type 2 diabetes is associated with factors including older age, obesity, physical inactivity, and family history of diabetes. While age and family history cannot be changed, other factors can be modified to decrease risk. In fact, a study conducted by the Diabetes Prevention Program showed that 30 minutes a day of moderate physical activity, coupled with a 5-10 percent reduction in body weight, produced a 58% reduction in diabetes.

SIGNS OF DIABETES

According to the American Diabetes Association, the following are symptoms of diabetes.

- FREQUENT URINATION
- EXCESSIVE THIRST
- EXTREME HUNGER
- UNUSUAL WEIGHT LOSS
- INCREASED FATIGUE
- IRRITABILITY
- BLURRY VISION

EARLY DETECTION AND TREATMENT

Some people do not recognize symptoms of diabetes because they do not appear to be harmful. For this reason, it is vital to have blood glucose checked periodically. A glucose test can alert an individual that he or she has diabetes or pre-diabetes. Pre-diabetes is a state that occurs before type 2 diabetes, in which a person's blood glucose levels are higher than normal, but not high enough for a diagnosis of diabetes.

Diabetes is a serious condition, but people who have been diagnosed with diabetes can lead long and healthy lives. The Centers for Disease Control and Prevention report that many people with type 2 diabetes can control their blood glucose by following a healthy meal plan and exercise program, losing excess weight, and taking oral medication. Some people with type 2 diabetes may also need insulin to control their blood glucose.

IF YOU EXPERIENCE SYMPTOMS OF DIABETES, CONSULT A PHYSICIAN FOR DIAGNOSIS AND TREATMENT.

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MANAGE YOUR DIABETES
BEFORE IT MANAGES YOU

The American Diabetes Association advises that the best defense against diabetes is to keep blood sugar levels in the target range through meal planning, exercise, and insulin. New glucose monitoring methods are constantly being developed; ask your doctor to recommend the right monitoring method for you.

For more information about diabetes, plan to attend a "Dinner and Learn" at 6:00 p.m. on November 19 or a "Lunch and Learn" at 12:00 p.m. on November 20 at the RMC Education Center. Please call Community Outreach at (803) 395-4568 to register for either free session. Meals will be provided at both sessions at no charge.

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