

It's National Diabetes Month – know your numbers

November is National Diabetes Month — a time to bring awareness to the disease. For those living with diabetes, it's also a time to learn how to manage it, and how Kaiser Permanente's treatment and care options can help you live your life on your terms.

According to the Centers for Disease Control, 34 million Americans have diabetes, and 1 in 3 people, or 88 million, have pre-diabetes, which indicates higher than normal blood sugar levels that aren't high enough to be diagnosed as diabetes.

There are two types of diabetes:

Type 1 (also known as juvenile or insulin-dependent) is when the body stops producing insulin. Typically, this occurs when the immune system destroys the cells that release insulin.

Type 2 (also known as adult-onset or non-insulin-dependent) is the most common form and is diagnosed at any age but appears most often during adulthood. However, Type 2 diagnoses among children are on the rise.

Maintaining a healthy lifestyle is key to managing diabetes

Diabetes can be controlled with a proper diet, regular exercise, and weight management:

- Be mindful of carbohydrates and choose smarter snacks -- the right diet can prevent, put off, or help manage diabetes more easily.
- Maintain a routine with regular physical activity, such as walking for 30 minutes at least 5 days a week.
- Aim for and maintain a healthy, manageable weight. Even losing 10 pounds can make a difference in your health.

Stay on top of your diabetes care from anywhere

In addition to working with you to make sure you regularly test your blood sugar and take your prescribed medications, your Kaiser Permanente physician can enroll you in a remote monitoring program which wirelessly delivers your blood glucose numbers to your physician from anywhere in real time. This means that your doctor can provide immediate care if needed and share the results with your entire care team.

If you have diabetes, learn more about diabetes care at Kaiser Permanente.

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