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Diabetes. Are You at Risk?

Diabetes is a growing problem. More than 29 million people in the U.S. have it. One in four of them don't even know it.

There is no cure for diabetes. But, making changes in your life may help you live easier:

- Take your medicine just like your doctor tells you.
- Eat a healthy diet with plenty of fruits and veggies.
- Get active!
- See your doctor routinely. He can help you stay on track.

The most common type of diabetes is Type 2. This is where the body does not use insulin the way it should. The older you are a history of diabetes in your family, high blood pressure and being overweight, all raise your risk.

Know your risk! The risk of getting Type 2 diabetes is higher for men than for women. Some groups also have a higher risk. These include African Americans, Latinos, Native Americans and Asian American/Pacific Islanders.

Sources: American Diabetes Association and Centers for Disease Control