

Diabetes Awareness Month

Awareness is the first step towards prevention and management of diabetes, a condition that affects millions worldwide. Understanding the risks associated with diabetes can lead to early detection, better health outcomes, and improved quality of life.

What is Diabetes

Diabetes might sound complicated, but it's simpler than you think! Type I diabetes is an autoimmune condition where the body doesn't make insulin, often starting in childhood. In contrast, Type II diabetes usually develops later in life and is linked to lifestyle factors.

Common Risk Factors Associated with Type II Diabetes

- Age - 45 Years or Older
- Family and Medical History
- Overweight or Obesity
- Physical Inactivity
- Unhealthy Diet
- High Blood Pressure
- High Cholesterol Levels
- Gestational Diabetes
- Polycystic Ovary Syndrome
- Ethnicity

Ways to Lower Your Risk for Type II Diabetes

- Proper Weight Management
- **Blood Pressure Management**
- Daily Physical Activity
- **Healthy Food Choices**
- Proper Hydration
- **No Smoking**



For more information about diabetes go to www.Diabetes.org.

