

Five ways to help prevent diabetes

Two out of three people with diabetes die from a heart attack or stroke. The good news is type 2 diabetes can be prevented by making simple changes.

- 1. Everyone over age 45 should be screened for diabetes.** You may need to be screened earlier if you have other risk factors (see box on right). Talk to your healthcare provider to see what is best for you. Many people with diabetes don't have any symptoms. It is important to be screened and diagnosed early, before health problems occur.
- 2. Lose weight if you are overweight or obese.** Losing as little as five to seven percent of your body weight may decrease your risk of type 2 diabetes by more than 50 percent.
- 3. Eat healthy.** Choose whole grains, lean protein, fruits, and vegetables. Limit sugary, refined, and high-fat foods.
- 4. Exercise 30 minutes a day.** Staying fit controls weight and lets your body use insulin more effectively.
- 5. Don't smoke.** Smoking can raise blood glucose levels, lower insulin, and cause your body to use insulin less effectively.

Source: American Diabetes Association

Symptoms of diabetes

Talk to your healthcare provider if you have one or more of these symptoms on a regular basis:

- Frequent urination
- Excessive thirst
- Extreme hunger
- Unusual weight loss
- Increased fatigue
- Irritability
- Blurry vision



Risk factors for diabetes

- Being over age 45
- Having a parent, sibling, or close relative with diabetes
- Being overweight or obese
- Lack of regular physical activity
- High cholesterol or high triglycerides
- Women who had gestational diabetes or had a baby who weighed nine pounds or more
- Being African American, Latino, Native American, Asian American, or Pacific Islander. (Weight, age, and inactivity are stronger risk factors than ethnicity.)



Department of Health & Human Services

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