

HealthyBy Choice

...One Day at a Time

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American Diabetes Month

Diabetes means you have glucose (sugar) levels in your blood that are higher than usual. Your body depends on glucose for energy. When you eat, most of the food turns into glucose. Your blood carries the glucose to other parts of your body.

When you have diabetes, your body has trouble turning glucose into energy. Instead of being used by your body, the glucose builds up in your blood and **your body is starved of energy**.

Diabetes increases the risk of serious health problems like:

- Blindness
- Nerve damage
- Kidney disease
- Heart disease
- Stroke



You may be at risk for type 2 diabetes if you:

- Are over age 40
- Are overweight or obese
- Have a parent or sibling with diabetes
- Are African American, Hispanic or Latino, Native American, Alaska Native, Asian American, or Pacific Islander
- Have had gestational diabetes or given birth to a baby who weighed more than 9 pounds
- Have polycystic ovary syndrome (when a woman's ovaries produce more male hormones than usual)
- Have high blood pressure or cholesterol
- Exercise less than 3 times a week
- Have prediabetes

The good news is that you can do a lot to prevent or delay getting type 2 diabetes, including:

- Watching your weight
- Eating healthy
- Staying active

If you have been diagnosed with prediabetes or diabetes, there is help. Visit your doctor and the American Diabetes Association website at <http://www.diabetes.org/> to learn more.

Small Changes Give BIG Results

- Increase your physical activity.
- Make healthful food choices.
- Lose five to 10 percent of your weight (if needed).
- Lower your blood pressure (if needed).
- Lower your cholesterol and triglyceride levels (if needed).
- Take aspirin every day. (**Important:** Talk with your health care provider if you don't currently take aspirin.)
- Limit the amount of alcohol you drink.
- Quit smoking (if needed).



If in doubt...check! Beat Diabetes!



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WARNING SIGNS OF A HEART ATTACK

If you have any of these signs, call 9-1-1 and get to a hospital right away.

Common Heart Attack Warning Signs



As with men, women's most common heart attack symptom is **chest pain or discomfort**. But women are somewhat more likely than men to experience some of the other common symptoms, particularly **shortness of breath, nausea/vomiting, and back or jaw pain**.

Prevention is KEY

- Control your blood pressure.
- Keep your cholesterol and triglyceride levels under control.
- Stay at a healthy weight.
- Eat a healthy diet. Try to limit saturated fats, foods high in sodium, and added sugars. Eat plenty of fresh fruit, vegetables, and whole grains.
- Get regular exercise. Aim for 30 minutes of moderate-intensity activity on at least 5 days a week.
- Limit alcohol. Men should have no more than two alcoholic drinks per day, and women should not have more than one.
- Don't smoke.
- Manage stress.
- Manage diabetes.
- Make sure that you get enough sleep.



American
Heart
Association®

life is why™



Take Your Health to Heart!

