



# Share the Wellness Tip

November 8, 2013

## Take 2 and Learn About Type 2 Diabetes



November is American Diabetes Month. Take a couple of minutes to learn what you can do to steer clear of Type 2 diabetes. Diabetes is one of the major causes of disability and death. But you can take small steps to lower your chances of getting this disease:

- Talk to your doctor to learn if you may be at risk.
- Keep a healthy weight. Losing just 7 percent of your body weight has been shown to lower your risk.
- Stay active and work out at least three times a week.
- Keep your blood pressure and cholesterol in check.
- Quit smoking.
- Get regular blood sugar tests.

Learning about Type 2 prevention can help you have more time to enjoy a healthy, productive life.

Diabetes can be sneaky. You may not know you have it. Here are some signs to watch for: intense hunger; low energy; thirst; weight loss; frequent urination; slow healing sores; blurry sight and tingling or loss of feeling in your hands or feet.



*Source: U.S. Department of Health & Human Services*