

Health and Wellness Tip of the Week - Week 45

November is Diabetes Awareness Month. It's the perfect time to remind employees about the importance of staying healthy and lowering your risk of diabetes.

November 9, 2015

Signs of Diabetes Often Ignored

A recent report said that about one-in-three Americans with diabetes doesn't know they're ill. But uncontrolled diabetes can cause kidney problems, heart disease and stroke. Some may feel hungrier or thirstier than usual. Other signs are losing weight without trying or urinating too often. Blurry vision and sores that don't heal are also signs. If you have higher-than-normal blood sugar, talk to your doctor. Dropping a few pounds and getting more exercise may also help.

Diabetes risk rises for those who:

- are overweight
- have a close family member with diabetes
- belong to a minority group
- have high blood pressure or cholesterol
- exercise fewer than three times a week



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