

Health & Wellness

Tip of the Week

November is all about **Diabetes**. It is the perfect time to remind you about the importance of taking small steps to lower your chances of getting this disease.

Week 47

November 21, 2016

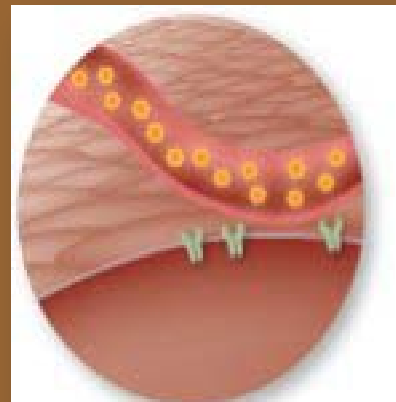
Diabetes Facts

Close to 24 million people in the U.S. have diabetes, an illness in which blood sugar levels are above normal. In type 1, the body does not make insulin. Insulin is a hormone needed to turn sugar, starches and other foods into energy. In type 2 either the body does not make the right amount of insulin or the cells ignore the insulin. If not controlled, both types can lead to serious health problems. Most people with type 2 are adults. Children who are too heavy may also be affected. Type 2 is the most widespread. Type 1 usually strikes children and young adults.

Take these small steps to help lower your chances of getting type 2:

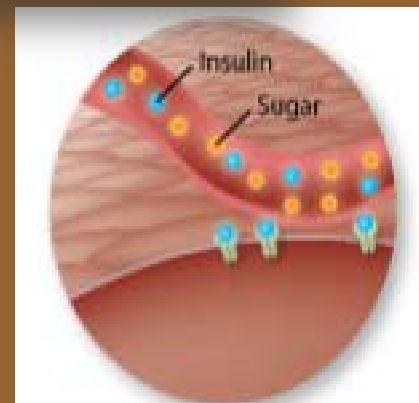
- Find out from your doctor if you have prediabetes, a health problem that raises your chances of getting type 2.
- If you are too heavy, lose at least 5 to 10 percent of your weight.
- Stay active and work out at least three times a week.

Sources: National Institute of Health; Centers for Disease Control and Prevention



Type I Diabetes

No insulin signal



Type II Diabetes

No response



Human Resources
1201 E. 8th Street
Mission, Texas 78572