

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 45
November 7, 2016

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



Sources: American Diabetes association, National Institute of Diabetes and Digestive and Kidney Diseases, National Institutes of Health



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