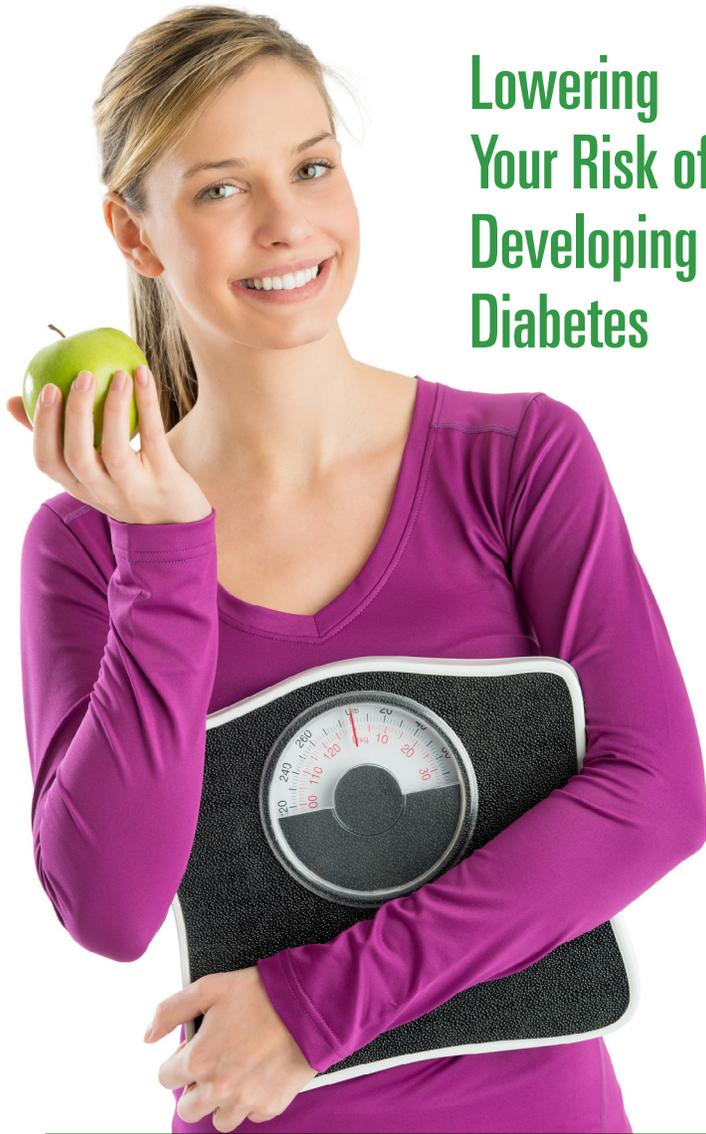


# Diabetes Awareness Month

HEALTHY TIP SHEET - NOVEMBER

## Lowering Your Risk of Developing Diabetes



### Want More Information?

Visit [www.BlueHealthAdvantageNE.com](http://www.BlueHealthAdvantageNE.com) for additional health and wellness information and to take the Monthly Health Challenge – Lower Your Blood Sugar Level.

### What is Diabetes?

There are several types of diabetes, all of which are caused by the body's inability to produce or use insulin. Insulin is a hormone that maintains the proper level of sugar in your blood.

After eating, your food is broken down into glucose (sugar), which then passes into your bloodstream and eventually to your cells for energy. However, for your cells to receive the sugar, they need insulin to escort it in.

Diabetes can cause excess sugar in the blood because it can't get into the cells. If not treated, diabetes can cause serious conditions, such as heart disease, blindness and kidney disease.

### How do you Reduce Your Risk?

Believe it or not, you can do a lot to lower your chances of developing diabetes. Here are a couple of ways to get started:

- Reach and maintain a healthy weight
- Be physically active everyday
- Make healthy food choices most of the time
- Limit alcohol intake
- Schedule your regular checkup with your doctor

### What are the Signs and Symptoms?

You can't be 100 percent sure you have diabetes unless you are tested by your doctor. People with diabetes may have some, or none, of the following symptoms. Make sure to talk with your doctor if you have any of the following:

- Frequent urination
- Increased thirst
- Increased hunger
- Fatigue
- Weight loss
- Blurred vision
- Sores that do not heal

*The information contained in this flyer has been carefully reviewed for accuracy. It is not intended to replace the advice of your physician or healthcare provider.*