

11 Diabetes Awareness Month

HEALTHY TIP SHEET - NOVEMBER



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Diabetes Myths

Diabetes is a serious and potentially deadly disease, but the many myths that surround it make it difficult for some people to believe the hard facts. These myths can create a picture of diabetes that is dangerously inaccurate. The following are some diabetes myths:

MYTH:

Diabetes is not a serious disease.

FACT:

If you manage your diabetes properly, you can prevent or delay its complications. However, unmanaged diabetes causes more deaths each year than breast cancer and AIDS combined. Two out of three people with diabetes die from heart disease or stroke.

MYTH:

Eating too much sugar causes diabetes.

FACT:

The answer is not so simple. Type 1 diabetes is caused by genetics and unknown factors that trigger the onset of the disease; Type 2 diabetes is caused by genetics and lifestyle factors. Research has shown that drinking sugary drinks is linked to Type 2 diabetes. The American Diabetes Association recommends that people should avoid intake of sugar-sweetened beverages to help prevent diabetes. Sugary drinks will raise blood glucose and contain several hundred calories in just one serving! See for yourself: Just one 12-ounce can of regular soda has about 150 calories and 40 grams of carbohydrate. This is the same amount of carbohydrate in ten teaspoons of sugar!

Source: American Diabetes Association

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

