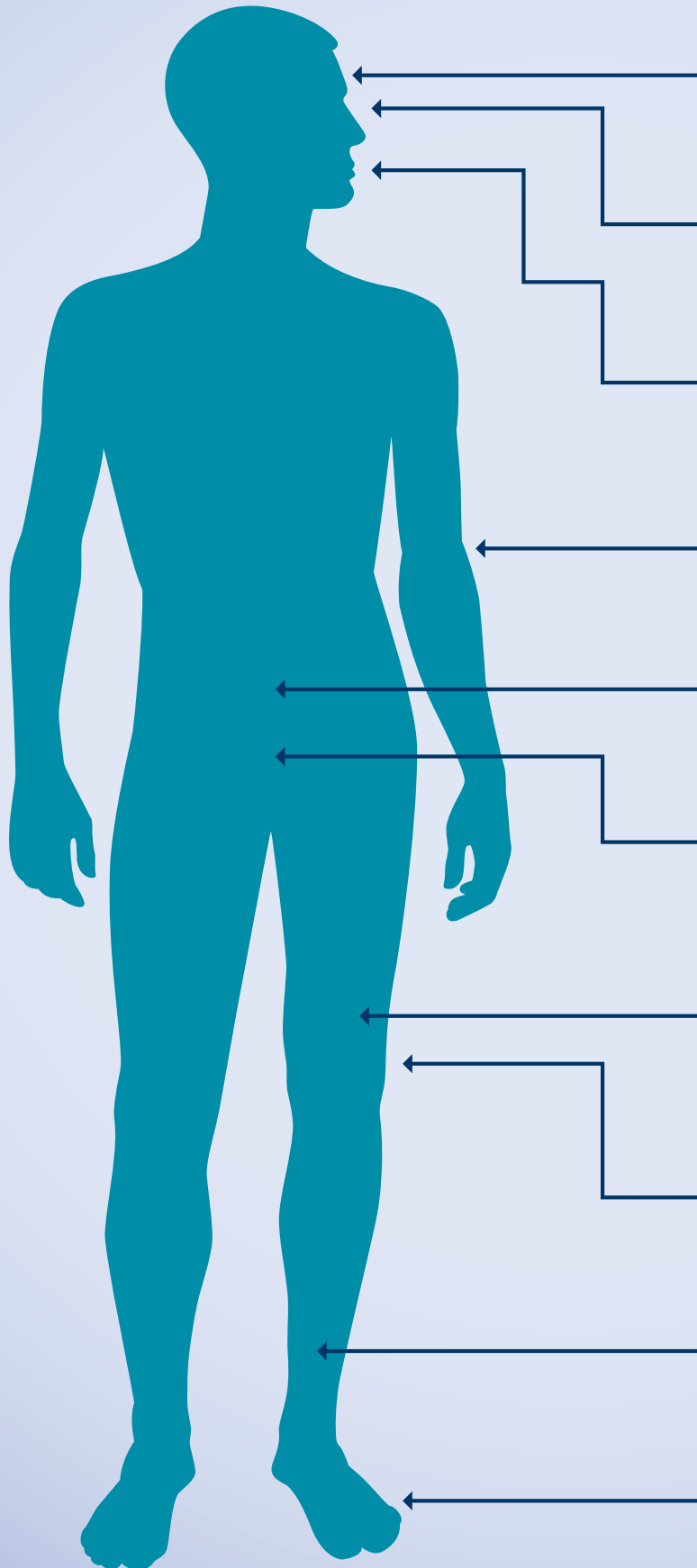


Common Symptoms of Diabetes

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- 1** Lack of interest and concentration
- 2** Blurry vision
- 3** Increased thirst or the need to urinate
- 4** Feeling tired or ill
- 5** Increased hunger
- 6** Recurring skin, gum or bladder infections
- 7** Dry, itchy skin
- 8** Unexpected weight loss
- 9** Slow-healing cuts or bruises
- 10** Loss of feeling or tingling in feet

Reduce Your Risk for Diabetes



Weight Loss

Losing weight improves insulin resistance and reduces hypertension.

People who are overweight or obese should try to maintain a healthy body weight. Even a small amount of weight loss can help prevent or delay Type 2 diabetes in children and adults.



Physical Activity

Aerobic exercise makes your heart and bones strong, relieves stress and improves blood circulation.

It also lowers your risk for Type 2 diabetes by keeping your blood glucose, blood pressure and cholesterol levels on target. Aim for 30 minutes a day, at least five days a week.



Balanced Diet

A balanced diet is essential for health. Learn to eat regular meals, to control the amount you eat and to make healthy food choices. Eat a variety of foods each day, including fruits, vegetables and whole grains. Use low-fat dairy products and lean meats.



Smoking

Smoking puts you at risk for many chronic diseases, including diabetes and its complications.

Smoking increases abdominal fat accumulation and insulin resistance. Quit smoking to reduce your risk.



Blood Pressure

Blood pressure measures the amount of force it takes the heart to pump blood through the body.

High blood pressure increases a person's risk of diabetes. Healthy blood pressure is less than 120/80 mm Hg.



Healthy Arteries

Low-density lipoproteins (LDL) or "bad" cholesterol, can lead to a build-up of cholesterol in the arteries.

In general, the lower your LDL the better. High-density lipoproteins (HDL), or "good" cholesterol, helps remove cholesterol from your body. In general, the higher your HDL the better.



Family History

Knowing your family history might be one of the strongest influences on understanding your risk of developing diabetes.

Family history is helpful in determining the kind of lifestyle and behaviors you should adopt. By increasing healthy behaviors and decreasing unhealthy behaviors you can delay or in some cases prevent disease. Talk to your doctor about other ways of lowering your risk.

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