

Healthy Living!

Preventing Type II Diabetes

Diabetes is a disease in which the body fails to produce or properly use insulin. We need insulin to convert food into the energy we expend each day. Over 20 million Americans suffer from this very serious disease. Between 5 and 10% of these 20 million diabetes sufferers have type 1 diabetes. Most type 1 diabetics are children and young adults. So far, we know of no way to prevent the onset of type 1 diabetes. However, the more common variety, type 2 diabetes, can be delayed or prevented—if you act in time. The secrets to preventing type 2 diabetes are a healthy diet and regular exercise.

Get Moving

The surgeon general recommends that adults get at least 30 minutes of physical activity five days a week. If you are among the 60% of Americans who fail to get this minimum amount, it's time to get moving. Start by making some easy changes in your daily life. Opt for the stairs instead of the elevator on your way into the

office. Hop off the bus one stop earlier than usual, so you have to walk an extra block.

Eat Smart

The American Diabetes Association says losing just 5% of your body weight can greatly reduce your risk

of type 2 diabetes. A healthy diet combined with daily exercise makes it easy to lose that

5%. Remember, a

healthy diet includes lots of fresh fruits and vegetables, whole grains, nonfat dairy products, beans, lean meats, poultry, and fish.



Risk Assessment

Every Monday, Shepherd Bay Medical Center offers free diabetes risk assessments. We'll check your blood pressure and weight and help you fill out a health questionnaire. Your results will be analyzed by HealthLife®, a computer program designed in conjunction with Shepherd Bay researcher Scot Anderson.