

LIVE HEALTHY WITH TYPE 2 DIABETES

MAKE HEALTHY LIFESTYLE CHOICES

As many as 25.8 million people in the United States have diabetes. Because symptoms of the disease often seem harmless, diabetes frequently goes undetected. In fact, 7 million people in the United States are unaware that they have the disease. Diabetes is a serious condition, but with proper treatment, people who have been diagnosed with diabetes can lead long and healthy lives.

WHAT IS TYPE 2 DIABETES?

Type 2 diabetes, the most common type, is a chronic disease in which the body either does not produce an adequate amount of insulin or does not use insulin effectively. Insulin is a hormone necessary for the body to convert food into energy. Untreated, diabetes can lead to serious complications including cardiovascular disease, blindness and eye problems, kidney disease, nervous system disease, and amputations.

The American Diabetes Association encourages people with diabetes to work with their diabetes team—generally composed of their physician, nurse, dietitian, pharmacist, and diabetes educator—as well as to assume responsibility for day-to-day diabetes care by taking the following steps.

- Choose what, how much and when to eat
- Get physically active
- Take medication as prescribed by your physician
- Check blood glucose as directed by your physician
- Attend all appointments
- Learn all you can about diabetes

BALANCE DIET AND EXERCISE

Although there is no cure for diabetes, the disease can be managed. To keep blood glucose in a healthy range, it is vital to balance food intake with exercise and prescribed medication. In general, 30 minutes a day of aerobic activity, on five or more days of the week is an appropriate amount of exercise. To lose weight, additional exercise may be necessary. If weight loss is recommended, losing as little as 10-15 pounds can yield results.

Symptoms of diabetes include frequent urination, extreme hunger, excessive thirst, unusual weight loss, and increased fatigue and irritability. If you experience symptoms of diabetes, consult a physician for diagnosis and treatment.



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Executive Offices: Barry Berez, President & Chief Executive Officer / Katy Proulx, Vice President, Information Technology / Lori Capeland, Vice President, Finance & Administration
Creative Services: Zapf & Design Group—Lisa Ewertson, Creative Director / Katherine Williams, Editor / Justin Smith, Production Manager/Designer

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MANAGE YOUR DIABETES... OR IT WILL MANAGE YOU

The American Diabetes Association advises that the best defense against diabetes is to **keep blood sugar levels in the target range through meal planning, exercise, and insulin.** New glucose monitoring methods are constantly being developed; ask your doctor to recommend the right monitoring method for you.

FOR MORE INFORMATION OR TO LOCATE A DOCTOR IN YOUR AREA, CALL TEXAS HEALTH PRESBYTERIAN HOSPITAL DALLAS AT 1-877-THR-WELL (1-877-847-9355) OR VISIT US AT WWW.TEXASHEALTH.ORG



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