

THE IMPORTANCE OF REGULAR DOCTOR VISITS

Often, doctors are able to detect the likelihood of type 2 diabetes before the condition actually occurs. Commonly referred to as pre-diabetes, this condition occurs when a person's blood sugar levels are higher than normal, but not high enough for a diagnosis of type 2 diabetes. There are four symptoms that may signal the need to be tested for diabetes: frequent urination, weight loss, lack of energy, and excessive thirst. Anyone over the age of 45, and particularly those who are overweight, are strongly recommended to get tested for prediabetes and diabetes. Doctors will inform you any abnormal blood glucose readings, and how often you should be tested.

WHAT CAN I DO TO DECREASE MY RISK OF TYPE 2 DIABETES?

Genetics is an unavoidable risk factor of Type 2 diabetes – those with relatives with diabetes are at an increased risk. Obesity and weight gain can lead to insulin resistance and Type 2 diabetes. However, Type 2 diabetes can still occur in people who are not overweight. Other important risk factors include age (over age 40), physical inactivity, unhealthy diet, certain socioeconomic conditions, race, and ethnicity. To decrease your risk of Type 2 diabetes, the most effective step to take is making lifestyle changes. Increasing exercise, even if coming from a sedentary lifestyle, can drastically lower the risk of diabetes. Improving food choices can also be effective. Both of these changes can also lead to weight loss, which will further reduce risk of Type 2 diabetes.

Reference:

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Main Symptoms

- ✓ Frequent urination
- ✓ Weight loss
- ✓ Lack of energy
- ✓ Excessive thirst



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