

Sunday Morning

Health Corner

Take Steps to Prevent Type 2 Diabetes

Diabetes is the leading cause of disability and death in the United States. If it's not managed, diabetes can cause serious health problems. African Americans are 80 percent more likely than non-Hispanic white adults to be diagnosed.

There is no cure for diabetes, but it can be managed. Unmanaged diabetes increases the risk of:

Blindness
Nerve damage
Kidney disease
Heart disease
Stroke

The good news is that you can do a lot to prevent or delay getting type 2 diabetes, including:

Watching your weight
Eating healthy
Staying active



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