

SUNDAY MORNING Health Corner

National Diabetes Month

November is National Diabetes Month, a time where we come together to bring attention to diabetes and diabetes prevention. **Prediabetes** is a serious health condition that puts you at an increased risk for developing type 2 diabetes. **Prediabetes affects more than 1 in 3 U.S. adults—that's 88 million people**—but most people don't know they have it. The good news is that by making healthy lifestyle changes, it is possible to manage or reverse prediabetes and prevent it from turning into type 2 diabetes.

Follow these tips to manage your prediabetes



Take small steps. Remember, making changes to your lifestyle and daily habits can be hard, but you don't have to change everything at once. Start small.



Choose healthier foods and drinks more often. Pick foods that are high in fiber and low in fat and sugar. Build a plate that includes a balance of vegetables, protein, and carbohydrates. Drink water instead of sweetened drinks.



Move More. Limit time spent sitting and try to get at least 30 minutes of physical activity 5 days a week. Start slowly by breaking it up throughout the day.



Lose weight, track it, and keep it off. You may be able to prevent or delay diabetes by losing 5 to 7 percent of your starting weight.



Seek support from your doctor. People are more successful at managing their prediabetes if they have regular contact and support from trusted health care professionals.



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