
*Steps you can take NOW
to prevent Diabetes*

Manage Your Weight

If you are overweight, losing just 5-7 percent of your body weight can slow or even reverse pre-diabetes. For a person who weighs 200 pounds, that's only 10-15 pounds. Being more active and eating healthier are the key ways to achieve a healthy weight.

Be More Active

Get at least 2.5 hours (150 minutes) of light aerobic activity every week. A brisk 30-minute walk 5 days a week would do it! Even 10 minutes at a time adds up. Small steps can lead to big changes. If you are physically limited, do what you can, even chair exercises. Water exercise can be great for those with pain, or using Therabands for resistance exercise helps build muscle. Being consistent is key!!

Make Healthier Food Choices

Eat more vegetables and fruits. Eat whole fresh foods, and avoid processed foods. Choose foods lower in sodium. Limit sugary foods and drinks, or eliminate! Eat foods that grow from the earth instead of foods that are manufactured. Limit portion sizes. Reduce your carbohydrate intake to help control blood glucose more easily.

Quit Smoking

There are many reasons that quitting smoking will improve your health. But if you have pre-diabetes, or T2DM, and especially if you have high blood pressure in addition, you are at greatly increased risk of heart disease, including heart attacks and strokes. Get help and support and stop now!

Are You At Risk for Diabetes?

Are You Pre-Diabetic Already? Things You Need to Know!

Pre-diabetes, also known as impaired fasting glucose (blood sugar), is increasing in the United States at an alarming rate. In the 2014 National Diabetes Statistics Report, 37% of adults in the US have pre-diabetes, defined as having a fasting glucose of 100-125 mg/dl. To prevent the transition from prediabetes to diabetes, major lifestyle changes and sometimes medications are necessary.

Diabetes, and pre-diabetes, is really blood sugar dysregulation. The body has lost its ability to regulate and control blood glucose levels. It can occur in a resting state, during physical activity, and whether fasting (without food) or post-prandial (after eating). Your ability to regulate your blood glucose is impacted by many factors, including sleep quality or disruption, physical activity level and fitness, stress, hormone balance, and immune health. Also organ function such as liver, thyroid, kidneys, digestive system, as well as the function of cell membranes and the cell's mitochondria (where energy is produced) impacts glucose control. Thus, the reasons for loss of ability to regulate blood glucose varies greatly from one person to another. A personalized approach and treatment plan is always the best plan to get back on track!

Most people know that the hormone insulin is a key factor in blood glucose regulation. The job of insulin is to assist in the storage of macronutrients into the cells and tissues. Insulin is released in the presence of glucose and amino acids in order to open the door to cells, and allow them to soak up the nutrients required for energy production and storage. But in both pre-diabetes and Type 2 diabetes (T2DM), the pancreas is producing plenty of insulin (and often too much!), yet the cells are "insulin resistant". The cells of the liver, muscles, kidney, etc have become resistance to the effects of insulin. They are desensitized, almost like your hearing becomes when in a crowded, loud room. The logical result is to talk louder to be heard, and the pancreas acts the same way....it just works harder to produce more insulin. Insulin is like a key that opens a lock. With insulin resistance, the lock is "gummed up" or damaged, and the key no longer works well.

From years of eating too many carbohydrates, too much sugar, the wrong fats, not enough physical activity, and the toxic burden from our environment and food supply, oxidative stress, and inflammation, the cell receptors for insulin stop working. For a while, the pancreas can keep up with the needs...but eventually, the body reaches a breaking point, and it just can no longer keep the blood glucose regulated. Once the blood glucose rises to 100 mg./dl, you are considered in a state of pre-diabetes.

The bad news? Once you are losing control of blood glucose regulation, it's a slippery slope. If not reversed with lifestyle changes, you WILL become diabetic. This is a process that happens over time, developing for many years. It often goes unnoticed until you have passed that line, since there are no obvious symptoms. It generally takes decades to go from normal glucose regulation, to insulin resistance, to blood glucose dysregulation (pre-diabetes), to full blown Type 2 diabetes.

The good news? If you decide to make the changes necessary, you CAN reverse this trend. You can prevent developing both pre-diabetes and diabetes. If you already have T2DM, it can be reversed. The first step is to be tested regularly. Your doctor or provider should test your fasting glucose at least once a year, and if you are inching toward that 100 mg/dl mark, or are already above it, blood tests should be more often. A diagnosis should be a wake-up call! It's not too late, but time's wasting. The longer the disorder progresses, the harder it is to correct, and the less correction is possible. Knowledge is the first step!

