

RSI Wellness Watch



November is American Diabetes Month!

There are 20.8 million children and adults in the United States, or 7% of the population, who have diabetes. Help support this campaign and the American Diabetes Association by understanding the disease, increasing awareness, and taking preventive health measures to lessen your risk for developing diabetes.

Type 2 Diabetes is a condition in which the body does not produce enough insulin or fails to properly use the insulin. It is the most common yet most preventable form of the disease. While genetics does play a role, lifestyle is also considered a major factor in people who develop it.

Here are some healthy diabetic prevention tips to help you avoid this condition:



Tip #1 Lose Excess Weight

One study revealed that overweight individuals who lost 5%-10% of their initial body weight reduced the risk of developing diabetes by almost 60%. A healthy diet and regular exercise are key factors in achieving your weight loss goal.

Tip #2 Avoid Fad Diets

Low-carbohydrate, high-protein or other fad diets may result in initial weight loss, however, you may not be getting all of the necessary nutrients. Rather, you should work toward a balanced diet based on all four food groups. In turn, you will give your body's organs the opportunity to perform at an optimal level.

Tip #3 Get Plenty of Fiber

Consuming 25-50 grams of fiber a day can help improve your blood sugar levels and, therefore, reduce the risk of diabetes. You can find high amounts of fiber in some fruits, vegetables, beans, whole grains, nuts and seeds.

Tip #4 Eat Whole Grains

Increase your consumption of whole grains, such as certain breads, pasta products, and cereals. Read the labels on food products to find the word "whole" among the first few items in the ingredient list. At the same time, avoid "refined" foods in which most of the nutrients have been stripped.

Tip #5 Get more Exercise

Consistent exercise will help keep your glucose levels within normal range. Ideally, you should aim for 30 minutes of aerobic exercise within your target heart rate zone on most days of the week. Aerobic activities include running, swimming, biking, brisk walking, and aerobic classes.

Taking steps toward a healthier lifestyle will go a long way in preventing Type 2 diabetes. Even if you consider yourself to be healthy, the American Diabetes Association recommends blood glucose testing at age 45. Earlier screening is suggested if you are overweight, live a sedentary lifestyle, and/or have a family history of diabetes.

For more information, your health insurance carrier may provide a wellness education program focusing on Type 2 diabetes. Also, be sure to visit <http://www.diabetes.org> for more diabetes-related information to assist you if you've been recently diagnosed with diabetes, or if you just need basic information.