

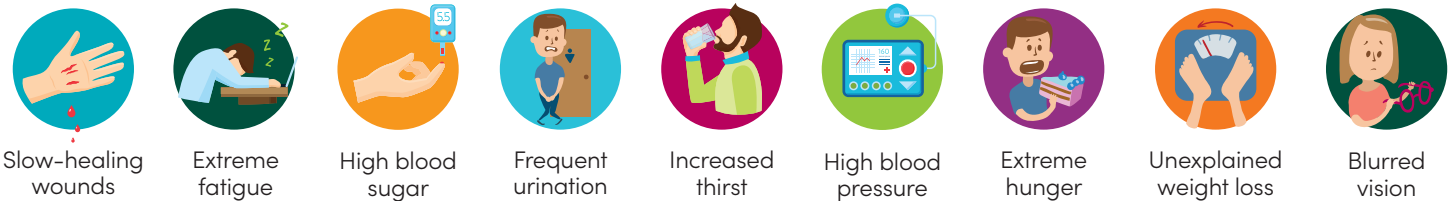
# Diabetes: symptoms and managing

Diabetes mellitus refers to a group of diseases that affect how your body uses blood sugar (glucose). Glucose is vital to your health because it's an important source of energy for the cells that make up your muscles and tissues. It's also your brain's main source of fuel.

The underlying cause of diabetes varies by type. But no matter what type of diabetes you have, it can lead to excess sugar in your blood. Too much sugar in your blood can lead to serious health problems.

## Symptoms

Some of the signs and symptoms of Type 1 and Type 2 diabetes are:



## Managing/Prevention

Type 1 diabetes can't be prevented. However, the same healthy lifestyle choices that help treat prediabetes and Type 2 diabetes can also help prevent them:



### EAT HEALTHY FOODS

Choose foods lower in fat and calories and higher in fiber. Focus on more fruits, vegetables, lean proteins and whole grains — foods that are high in nutrition and fiber and low in fat and calories — and cut down on saturated fats, refined carbohydrates and sweets. In fact, it's the best eating plan for the entire family. Strive for variety to prevent boredom.



### LOSE EXCESS POUNDS

If you're overweight, losing even 7% of your body weight — for example, 14 pounds (6.4 kilograms) if you weigh 200 pounds (90.7 kilograms) — can reduce the risk of diabetes.

Motivate yourself by remembering the benefits of losing weight, such as a healthier heart, more energy and improved self-esteem.



### PHYSICAL ACTIVITY

Aim for 30 minutes of moderate physical activity per day. Take a brisk daily walk. Ride your bike. Swim laps. If you can't fit in a long workout, break it up into smaller sessions spread throughout the day.



### OTHER LIFESTYLE DO'S

- Schedule yearly physicals and regular eye exams
- Keep your vaccinations up to date
- Keep your blood pressure and cholesterol under control
- Pay attention to your feet
- Take care of your teeth