

NATIONAL DIABETES MONTH

UNDERSTANDING TYPE 1

Here's what you need to know about type 1 diabetes. 1.25 million Americans have it and 40,000 people will be diagnosed with it this year. Type 1 diabetes occurs at every age, in people of every race, and of every shape and size. There is no shame in having it, and you have a community of people ready to support you. Learning as much as you can about it and working closely with your diabetes care team can give you everything you need to thrive.

In type 1 diabetes, the body does not produce insulin. The body breaks down the carbohydrates you eat into blood sugar that it uses for energy—and insulin is a hormone that the body needs to get glucose from the bloodstream into the cells of the body. With the help of insulin therapy and other treatments, everyone can learn to manage their condition and live long healthy lives.

UNDERSTANDING TYPE 2

Type 2 diabetes is the most common form of diabetes—and it means that your body doesn't use insulin properly. And while some people can control their blood sugar levels with healthy eating and exercise, others may need medication or insulin to help manage it. Regardless, you have options—and tools, resources, and support to help you fight.

A key part of managing type 2 diabetes is maintaining a healthy diet. You need to eat something sustainable that helps you feel better and still makes you feel happy and fed. Remember, it's a process. Work to find helpful tips and diet plans that best suit your lifestyle—and how you can make your nutritional intake work the hardest for you. Fitness is another key to managing type 2. And the good news, all you have to do is get moving. The key is to find activities you love and do them as often as you can. No matter how fit you are, a little activity every day can help fight type 2 and put yourself in charge of your life.

WHO'S AT RISK

for prediabetes or type 2 diabetes?

You could have prediabetes or type 2 diabetes and not know it—there often aren't any symptoms. That's why it makes sense to know the risk factors:



45+ years old



Physically active less than 3 times/week



Family history of type 2 diabetes



High blood pressure



History of gestational diabetes*

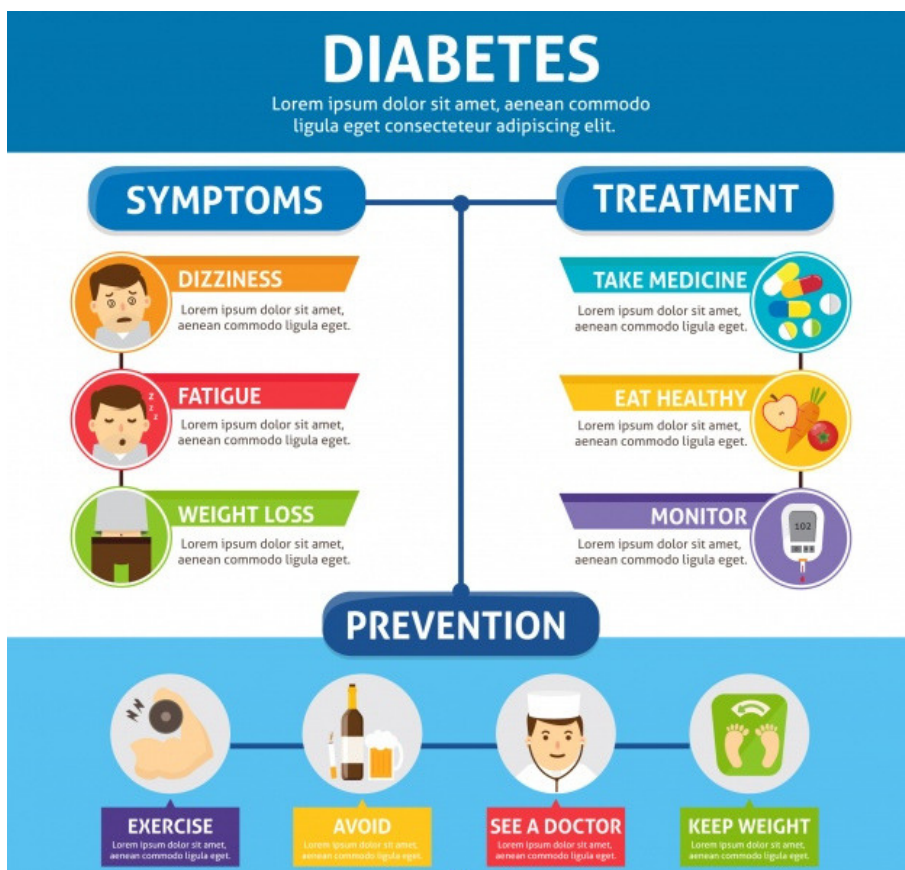


Overweight

*Diabetes during pregnancy. Giving birth to a baby weighing 9+ pounds is also a risk factor.

WHEN YOU'RE MANAGING DIABETES, YOUR EATING PLAN IS A POWERFUL TOO

But eating healthy can feel boring and dull, right? Well, it doesn't have to because there are tons of things you can do to add flavor to your daily routine—including healthy twists on your favorite foods. So, don't give up. The one key to feeling your best lies in the food you eat—so start working with a dietitian or registered dietitian nutritionist (RDN) or your loved ones to make an eating plan today. Be sure to include foods you like and don't be afraid to try something new. Most importantly, remember that eating well—and adding activity to your daily routine (moving more)—are important ways you can manage diabetes.



REGULAR EXERCISE CAN HELP PUT YOU BACK IN CONTROL OF YOUR LIFE.

If you're not into regular exercise, putting together an exercise plan can be a bummer. But remember, along with your diet and medications, regular physical activity is an important part of managing diabetes or dealing with prediabetes. Because when you're active, your cells become more sensitive to insulin so it works more effectively. And you just feel better. And look better. So, however you want to do it—taking regular walks around the block, going for a run, or signing up for a marathon—getting started is the most important part.

FIND THE CONNECTIONS YOU NEED

Whether you're battling diabetes or have a loved one who is, building connections with other people can be the best medicine. Chances are, there's some great stuff happening right in your own community, from fundraisers and drives to nearby summer camps and more. Whether you're battling diabetes or have a loved one who is, building connections with other people can be the best medicine. Chances are, there's some great stuff happening right in your own community, from fundraisers and drives to nearby summer camps and more.