



What You Need to Know: What Is Diabetes?



What You need to Know: What Is Diabetes?

In a person without diabetes, the body breaks food down into glucose (sugar) and sends it into the blood. Insulin, a hormone made by pancreas, helps move the glucose from the blood into cells, where it can be used for energy. In people with type 2 diabetes, the pancreas doesn't make enough insulin, the insulin doesn't work well, or both. Without insulin, the glucose can't get from the blood into the cells, so the amount of glucose in your blood goes up. This is called high blood glucose. When blood glucose gets high enough it's called diabetes. Untreated, diabetes causes problems like nerve damage, kidney or eye problems, heart disease, and stroke.

What Is PreDiabetes?

In Pre-diabetes, blood glucose levels are higher than normal but aren't high enough to be called diabetes. Pre-diabetes is a silent disease, meaning you can have it but not know it. The good news is that cutting back on calories, being physically active, and losing weight can reverse pre-diabetes and prevent or delay type 2 diabetes. Diabetes doesn't go away once you have it, so it's better to prevent it in the first place.



Preventing Pre-Diabetes and Diabetes

In a major study, people at high risk for type 2 diabetes lowered their risk by eating less, being more active, and losing weight.

They —

- Cut down on fat
- ate & drank fewer calories
- exercised about 30 minutes a day, 5 days a week, usually by brisk walking
- lost weight—an average of 15 pounds in the first year of the study.

This plan worked well for both men and women, particularly those aged 60 and older.

Remember:

You don't have to make big changes. If you burn more calories than you take in—even by a little bit—you will lose weight. Visit www.HealingOurVillage.com or call (800) 788-0941 for tips on how to get started.