

DIABETES PREVENTION INFORMATION

Reducing your risk for Diabetes

You can make a few life style changes to lower your chances of developing Type 2 Diabetes.

1. Control your Weight

Being overweight increases your chance of developing Type 2 Diabetes seven times and being obese makes you 20 to 40 times more likely to develop Type 2 Diabetes than someone with a healthy weight.



2. Eat healthy

- ☑ Choose whole grains and whole grains product over highly processed and refined carbohydrates
- ☑ Skip the sugary drinks and choose water, coffee or tea instead
- ☑ Choose good fats such as found in liquid vegetable oils, nuts and seeds. Bad fats are found in many hydrogenated margarine, packaged baked goods, fried foods and in most fast foods.
- ☑ Limit red meat and avoid processed meat and fish – choose nuts, dried beans, peas, lentils, chicken or fish instead

- ☑ Watch portion sizes. Fill half your plate with non-starchy vegetables such as broccoli and spinach; divide the other half of your plate between lean protein and whole grains or starch.
- ☑ Be physically active everyday: Physical activity helps you lose weight, keeps your blood sugar, blood pressure and cholesterol under control and helps your body use insulin better. The recommendation is to participate in physical activity for 30 minutes a day for at least 3 days a week.
- ☑ If you smoke, try to quit: people who smoke are roughly 50% more likely to develop diabetes than non smokers.



3. Manage your stress

Stress is a force or event that has an effect on our body or mind. Stress can be manifested physically (e.g. headache) or emotionally (e.g. anger, depression, irritability). Stress has a direct relationship with diabetes prevention by increasing blood sugar level (quickly and substantially), by building strong negative emotions and tempting compulsive or poor eating.

Stress management is an important aspect of diabetes prevention and management. Some of the stress management actions you can take include:

- ☑ Physical activity (e.g. yoga)
- ☑ Being part of a social or peer network to keep active in your life
- ☑ Seeing a counsellor or someone whom you trust to discuss the challenges you face
- ☑ Doing the things you enjoy

Effects of Type 2 Diabetes and complications

Type 2 Diabetes is a serious condition that can lead to other health problems including:

- ☑ Heart disease
- ☑ Stroke
- ☑ Kidney failure
- ☑ Lower limbs (foot, leg) amputation, and
- ☑ Blindness

Sleep problems and Diabetes

Studies are showing that untreated sleep problems can increase the risk of Type 2 Diabetes. There are several reasons why you may have sleep problems. These include:

- ☑ Sleep Apnea – a common problem in which you may have pauses in breathing or shallow breaths while you sleep.
- ☑ Night time sleep disturbance because of night time hypoglycemia or low blood sugar – symptoms include waking up suddenly with a feeling of impending doom, nightmares, night sweats or morning headaches.