



NOVEMBER 2020

NATIONAL DIABETES MONTH

Around 30 million people in the U.S. have some form of diabetes, and 84 million are at risk, totaling nearly half of the U.S. adult population. 1 in 4 don't even realize they're walking around with the disease. The numbers alone are staggering, yet diabetes continues to be misunderstood and often disregarded. National Diabetes Month is an annual event each November to boost awareness about the types of diabetes, risk factors, symptoms, and ways to improve or prevent diabetes.

Type 1 diabetes occurs when the body can't produce insulin, a hormone in the pancreas that breaks down carbohydrates into blood sugar or glucose, for energy. Insulin therapy helps the pancreas to function normally. Many children suffer from Type 1 diabetes although it can affect people of any age or background.

Type 2 diabetes is the most common form of the disease where the body is unable to process our internal insulin well enough to keep blood sugar at normal levels.

Know your risk factors! You may be predisposed to Type 2 diabetes if you are overweight, older than 45, your parent had Type 2 diabetes, you barely exercise each week, and you have been diagnosed with prediabetes.

Losing weight is a key preventive measure. With a 10-15-pound weight loss, you can improve your chances of avoiding or even beating diabetes. Try to exercise about 30 minutes a day, 5 times per week.



WAYS TO HELP PREVENT TYPE 2 DIABETES



Commit to a healthier lifestyle. Discover ways that you can live healthier by reviewing your habits.

Get enough sleep. Fatigue can cause a resistance to the insulin your body needs — and daytime tiredness can stop you from getting some life-saving exercise. Aim for 7-9 hours per night.

Drink enough water. Drink more water because dehydration keeps your body from functioning well. Drink about 13 cups a day for men and about 9 cups for women. If plain water doesn't appeal to you, create some variety by adding slices of fruit.

Eating enough fruits and vegetables. Some beneficial fruits and veggies for diabetes management and prevention are leafy green vegetables, sweet potatoes, citrus fruits, and berries.

Call: 888.369.5054 • **Visit:** www.hmchealthworks.com

DIABETES FACTS



IT CAN HURT YOUR HEART

People with diabetes have a double risk of developing heart disease over those who don't suffer from it.



DIABETES CAN REDUCE THE BLOOD SUPPLY TO THE GUMS

People with diabetes are twice as likely to develop gum disease and to have infections of their gums and the bones that hold their teeth in place.



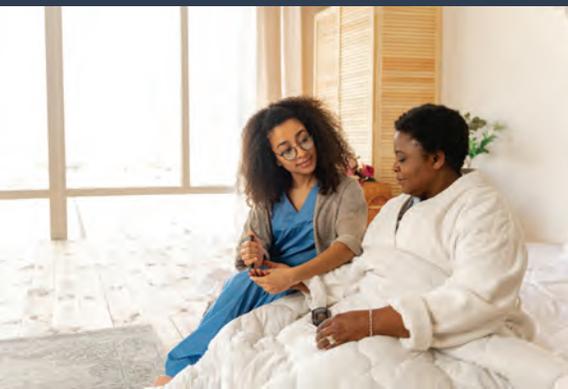
IT IS DEBILITATING

The leading cause of blindness, amputations, and kidney failure is diabetes.



IT'S COSTLY

The total for medical expenses and reduced productivity related to diabetes costs over \$245 billion each year.



#TAKE
CARE OF
YOURSELF



ONE MINUTE , ONE TEST RESULT

Millions of American adults have prediabetes, but here's the kicker: the majority of them don't even know it. The test you need is right here. And all it takes is 60 seconds of your time.

[TAKE THE RISK TEST](#)



THE POWER OF A1C

You may know about the A1C test, but you may not know all it can do. With this blood test, your doctor can identify prediabetes, or diagnose type 1 or type 2 diabetes. The results can also determine your average blood sugar over the past 2-3 months.

[LEARN MORE ABOUT A1C](#)



DISCOVER YOUR BMI

Not sure if you need to or how much weight you need to lose? This tool is for you. Body Mass Index (BMI) is a simple calculation based on your weight and height that estimates if you're overweight or obese. And it's a great first step on your lifestyle change journey.

[TRY THE BMI CALCULATOR](#)