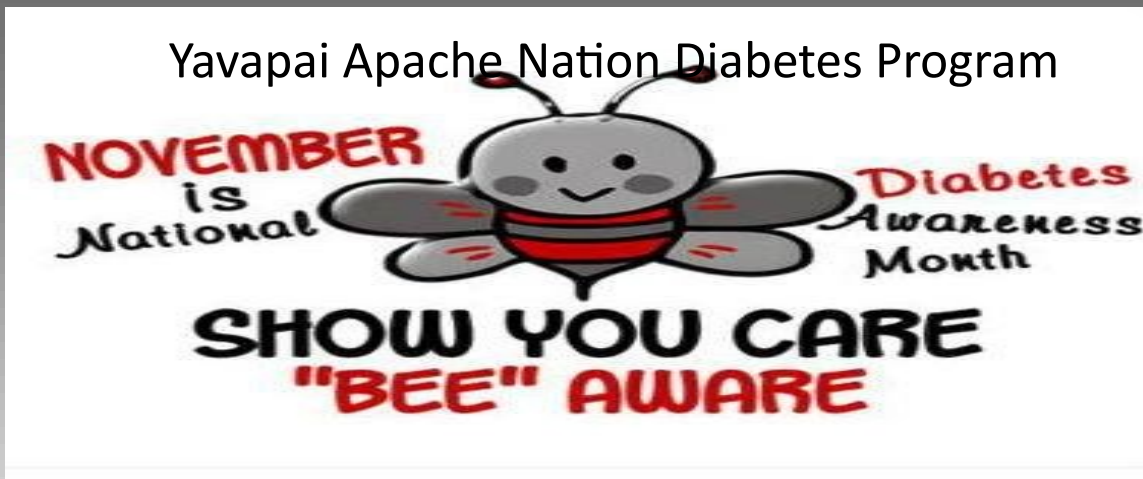


Yavapai Apache Nation Diabetes Program



6 GOOD WAYS TO LOWER YOUR RISK OF DIABETES

- ◆ Lose weight if you need to.

Too much body fat makes it harder for the body to use insulin.

- ◆ Eat a healthy diet.

Eat Plenty of vegetables, whole grains, and lean protein (limit your fruit intake) reminder: fruit contains sugar.

- ◆ Be Active.

Regular physical activity helps your body use insulin. Being active can reduce your risk of heart disease and stroke.

- ◆ Don't Smoke.

Smoking affects blood sugar levels, if you smoke, your risk of Type 2 Diabetes is higher.

- ◆ Know your risk.

Being overweight, no physical activity, and a unhealthy diet are risk factors for Type 2 Diabetes.

- ◆ Talk to your Primary Health Care Provider

If you are unsure if you have Diabetes ask your health care provider if you could be screened for pre-diabetes or diabetes.

Symptoms - Frequent urination, Increased thirst, feeling tired, blurred vision, eating more than usual, unusual weight loss, sores or infections that do not heal or heal slowly.