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.