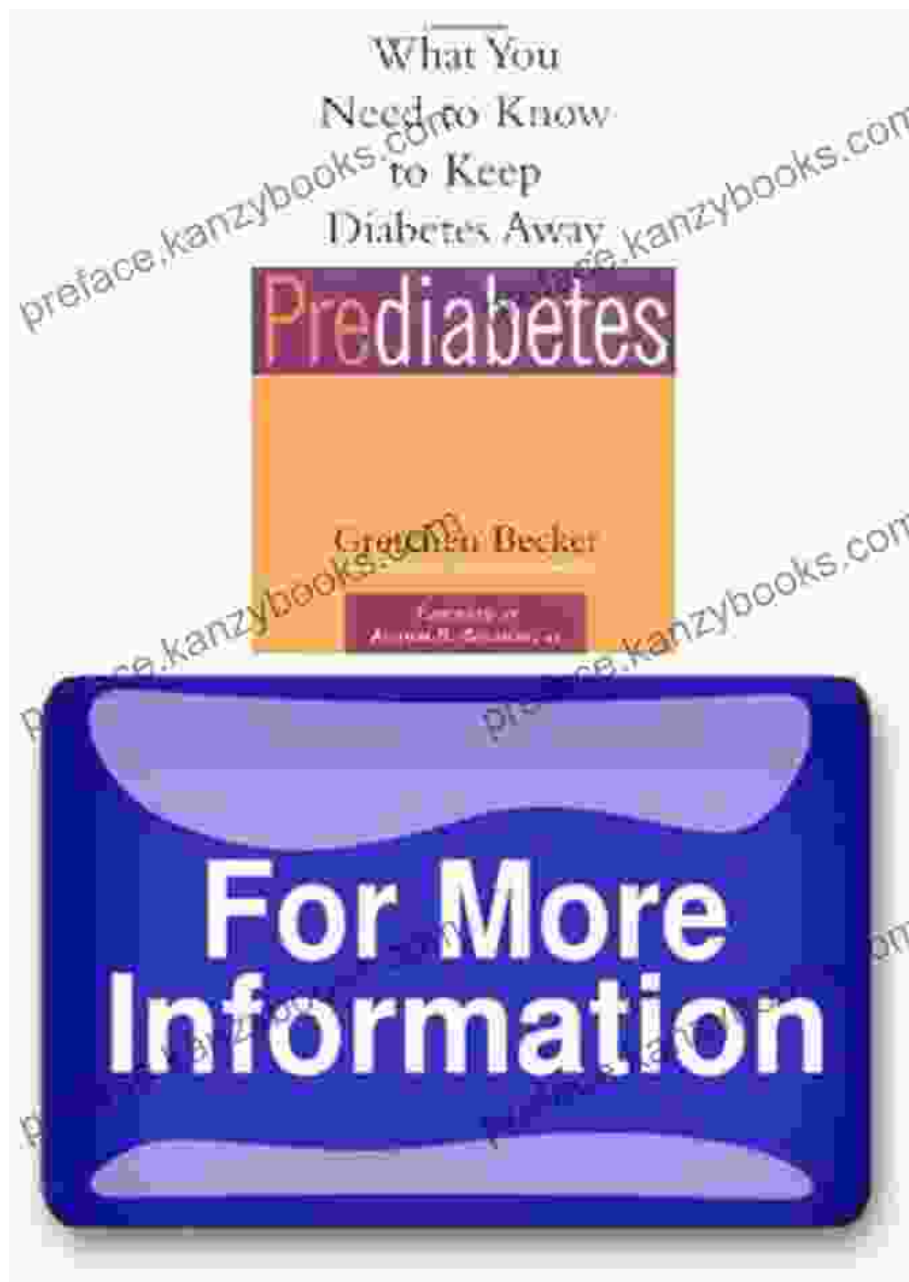
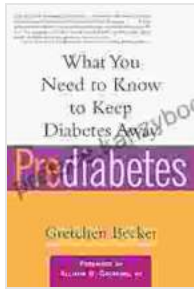


What You Need to Know to Keep Diabetes Away

The Essential Guide to Diabetes Prevention



Prediabetes: What You Need to Know to Keep Diabetes Away (Marlowe Diabetes Library) by Gretchen Becker



★★★★★ 5 out of 5
Language : English
File size : 2619 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Word Wise : Enabled
Print length : 240 pages



Diabetes is a serious chronic disease that affects millions of people worldwide. It can lead to a range of health complications, including heart disease, stroke, kidney failure, and blindness. The good news is that diabetes is preventable. By making healthy lifestyle choices, you can significantly reduce your risk of developing this disease.

In this comprehensive guide, you will learn everything you need to know about diabetes prevention. We will cover the risk factors for diabetes, the symptoms of diabetes, and the effective strategies you can use to reduce your risk.

Risk Factors for Diabetes

There are a number of risk factors that can increase your chance of developing diabetes. These include:

- Obesity
- Physical inactivity
- Unhealthy diet
- Family history of diabetes

- Age (over 45)
- Race (African Americans, Hispanics, American Indians, and Asian Americans are at higher risk)
- Certain medical conditions (such as high blood pressure, high cholesterol, and gestational diabetes)

If you have any of these risk factors, it is important to take steps to reduce your risk of developing diabetes. Talk to your doctor about your risk factors and what you can do to lower them.

Symptoms of Diabetes

The symptoms of diabetes can vary depending on the type of diabetes you have. Type 1 diabetes usually develops in children and young adults, and the symptoms can come on suddenly. Type 2 diabetes usually develops in adults over the age of 45, and the symptoms can be more gradual.

Common symptoms of diabetes include:

- Increased thirst
- Frequent urination
- Unexplained weight loss
- Increased hunger
- Fatigue
- Blurred vision
- Slow-healing sores

- Frequent infections
- Numbness or tingling in the hands or feet

If you have any of these symptoms, it is important to see your doctor right away. Early diagnosis and treatment of diabetes can help to prevent or delay serious health complications.

Effective Strategies to Reduce Your Risk of Diabetes

There are a number of effective strategies you can use to reduce your risk of developing diabetes. These include:

- Maintaining a healthy weight
- Getting regular exercise
- Eating a healthy diet
- Quitting smoking
- Managing your blood pressure
- Managing your cholesterol
- Getting vaccinated against hepatitis B

By following these strategies, you can significantly reduce your risk of developing diabetes

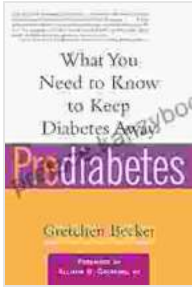
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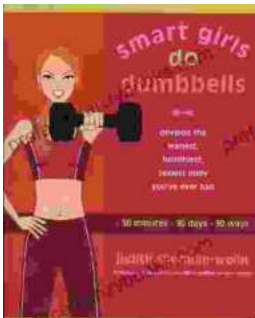
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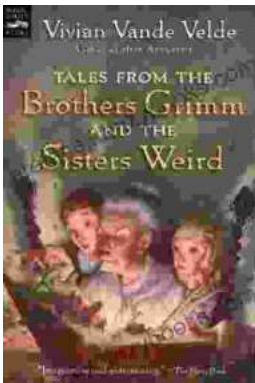


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