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Is American Diabetes Month

Diabetes comes in two forms: Type 1 and Type 2. While Type 2 diabetes is far more common, both can be deadly, as they affect the body's insulin production. Over 34 million U.S. adults have some form of diabetes, and 1 in 5 don't even know it, according to the Centers for Disease Control and Prevention (CDC). November is American Diabetes Month, so take the time now to learn more about this serious disease.

To help maintain your health, it's important to first understand diabetes risk factors and symptoms. Unfortunately, little is known about why people develop diabetes. For Type 1 diabetes, health experts believe family history and age may play a role. For Type 2 diabetes, the risk factors are a bit clearer and include being overweight, not exercising and having a family history of diabetes.

Diabetes symptoms include having to urinate often (especially at night), having blurry vision, losing weight without trying, having slow-healing sores and having an unquenchable thirst. If you're concerned about your diabetes risks or potential symptoms, talk with your doctor.

While Type 1 diabetes is often genetic in origin, Type 2 diabetes is entirely preventable; eating healthy and exercising have been proven to prevent or delay Type 2 diabetes.

Reach out to us for wellness resources that can help you achieve your health goals and maintain your overall well-being.