



# NOVEMBER 2024

## 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. More than 133 million U.S. adults are living with diabetes (Type 1 and Type 2) or prediabetes. Prediabetes, which is characterized by high sugar levels but not high enough for a Type 2 diagnosis, raises one's risk for diabetes, heart disease and stroke.

November is National Diabetes Month. With 1 in 5 adults not knowing that they are impacted directly by diabetes, it's essential to understand the risk factors and symptoms. Type 1 diabetes is most significantly impacted by family and age, while Type 2 diabetes is most directly impacted by being overweight, not exercising and having a family history of diabetes. A lifestyle change program (e.g., diet and exercise changes) can help a person reverse prediabetes.

Reach out to us for more information about diabetes and healthy lifestyle changes.