

1 Corinthians 6: 19, 20 "Honor God with your Body"

# November Is American Diabetes Month

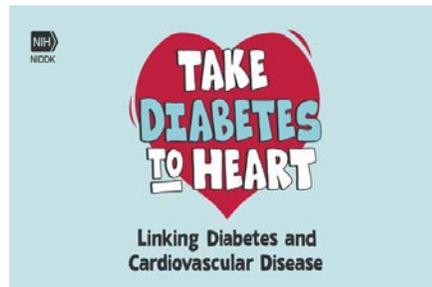


Diabetes is one of the leading causes of disability and death in the United States. It can cause blindness, nerve damage, kidney disease, and other health problems if it's not controlled.

One in 10 Americans have diabetes — that's more than 30 million people. And another 84 million adults in the United States are at high risk of developing type 2 diabetes.

The good news! People who are at high risk for type 2 diabetes can lower their risk by more than half if they make healthy changes. These changes include: **eating healthy, getting more physical activity, and losing weight.**

Having diabetes means you are more likely to develop heart disease and to have a greater chance of a heart attack or a stroke. Over time, high blood glucose from diabetes can damage your blood vessels and the nerves that control your heart. Adults with diabetes are nearly twice as likely to die from heart disease or stroke as people without diabetes. The good news is that the steps you take to manage your diabetes also help to lower your chances of having heart disease or a stroke.



Take steps to manage diabetes and reduce risk of heart disease.	
	Manage your A1C, blood pressure, and cholesterol levels.
	Develop healthy lifestyle habits.
	Take medicines as prescribed by your doctor.
	Stop smoking or using tobacco products.

