



National Diabetes Month

November is National Diabetes Month! This month is used to promote health habits and decrease the risk of Diabetes. The different types of Diabetes are as follows: Type 1, Type 2 and Gestational Diabetes. There is no cure for Diabetes. Type 1 Diabetes is when your body does not produce the insulin your body needs. Type 2 Diabetes is when your body produces some insulin but not enough for your body needs. Gestational Diabetes is when the body cannot produce insulin while pregnant and can lead to complications. Gestational Diabetes may lead to mother getting Diabetes later in life.

There are many risk factors that can lead to Diabetes, heredity, being overweight, non active lifestyle. Diabetes can be managed by medication and insulin. Making lifestyle changes can drastically improve your Diabetic management. Lifestyle changes include a healthy diet, exercise and check blood sugar levels often.

Live a healthy and active life!

