



Did you know that November is Diabetes Awareness Month?

According to the recent stats from the World Health Organization (WHO), 422 million people worldwide have diabetes and 1.6 million deaths are directly attributed to this disease each year.

Type 2 Diabetes is a disease where the body becomes insulin-resistant. Our cells need glucose (blood sugar) for energy. Our bodies make insulin and this insulin escorts, if you will, the glucose to our cells. However, our cells will only allow the right amount of glucose in. When the amount of glucose that we take into our body exceeds the normal capacity of our cells, that extra glucose travels throughout our bloodstream.

If left untreated, Type 2 Diabetes can lead to heart disease, nerve damage, delayed wound healing and infections, just to name a few.

Symptoms include, but aren't limited to visual changes, increased urination, and increased thirst. It is important to get regular checkups, get your A1C levels checked, and monitor your blood sugar at home. If your doctor prescribed insulin or an oral hypoglycemic tablet, ensure you follow their instructions and take your medicine as well as stick to their prescribed diet.

Exercise is also a key component in managing Type 2 Diabetes but ALWAYS check with your doctor before starting or resuming an exercise regimen!

REMEMBER:

- Take your medicine as prescribed by your doctor.
- Check your blood sugars frequently as prescribed by your doctor and as needed, especially when you're not feeling well.
- Eat in accordance with the meal plan prescribed by your doctor.
- Move more! Check with your doctor before you jumpstart or resume an exercise regimen.

Submitted by:

Minister Jean Turner, RN, Holistic Health Nurse Coach