

CHAMPS LIFELINE

DIABETES

LIVING WELL WITH DIABETES

Are you one of the **30.3 million** Americans with diabetes?

To be your healthiest and feel your best:



Eat more **fruits and vegetables**, less **sugar and salt**.



Get **physically active**—aim for at least 150 min/week.



Take **diabetes medicine** as prescribed.



Make and keep appointments with your health care team.



Check **blood sugar** regularly.



Know your ABCs:
- Regular **A1C** test
- Blood pressure below 140/90 mm Hg
- Control cholesterol
- Stop/don't start smoking

DID YOU KNOW... making healthy lifestyle changes can greatly reduce your risk of diabetes-related health problems. **It really works!**



Diabetes impacts **30.3 million** citizens in the United States. Of these, **one in four** do not even know they are affected. The two most common types of diabetes are Type 1 and Type 2. People with Type 1 are not able to produce enough insulin to control their blood sugar. They also often have family members with diabetes. Type 2 diabetes occurs when a person's body does not use insulin the way it should, leading to increased blood sugar levels. Around **90%** of people living with diabetes suffer from Type 2. Side effects of diabetes include vision loss, heart disease, stroke, kidney failure, amputation of limbs, and death.

"You don't have to let your life be destroyed by diabetes. You can reclaim your life."

- Della Reese, American Jazz and Gospel Singer

Top 3 Tips

1. Eat healthy

- Avoid large amounts of high carb foods, such as juice, snacks and sweets.
- Include lots of leafy green vegetables, meats, fish, and poultry in your diet.

2. Exercise regularly

- Exercise for at least 20 minutes every day.

3. Speak with a doctor

- If you experience symptoms, ask about getting your blood sugar and A1C levels checked.

Symptoms of type 1 and type 2 diabetes may include:⁴



Abnormal thirst



Frequent urination



Extreme tiredness



Sudden weight loss



Constant hunger



Blurred vision

Graphic by <https://www.teamnovonordisk.com/exercise-and-diabetes/>