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WellnessWatch



Welcome to **WellnessWatch** -- The Starr Group's monthly digest featuring articles to keep **YOU** current with latest **#health** and **#wellness** trends and fitness buzz. *Be well!*



Topic of the Month: **DIABETES AWARENESS**

There are three types of Diabetes: Types 1 and 2 which can affect men or women, and Gestational Diabetes which affects only women who are pregnant. A common

misconception about Diabetes is that Type 1 is the first step to Type 2. In fact, they are separate forms of the disease with symptoms that manifest in different ways and onset in different stages of life.

Symptoms of Type 1 Diabetes: People who have Type 1 may also have nausea, vomiting or stomach pains. These symptoms can develop in just a few weeks or months and can be severe. Type 1 usually starts in childhood, teen years or young adult, but can happen at any age.

Symptoms of Type 2 Diabetes: Symptoms often develop over several years and can go for a long time without being noticed. Sometimes there aren't any noticeable symptoms at all. Type 2 usually starts in adulthood. However more and more children, teens and young adults are developing it. Because it is hard to spot the symptoms, its important to know the risk factors for Type 2 Diabetes and talk to your physician if you have any of them.

Pregnant women should be tested for **Gestational Diabetes** between 24 and 28 weeks of pregnancy so needed changes can be made to protect the health of both mother and baby.

COMMON SYMPTOMS CHECKLIST

- Frequent urination, often at night
- Very thirsty and/or hungry
- Unintentional weight loss
- Blurry vision
- Hands or feet tingly or numb
- Feeling very tired
- Very dry skin and/or sores that heal slowly
- More infections than usual



Did you know?



- About **422 million** people worldwide have diabetes, and 1.6 million deaths are directly attributed to diabetes each year.²
- The global prevalence of diabetes among adults over 18 years of age rose from 4.7% in 1980 to 8.5% in 2014.³
- 9 out of 10 DIRECT Trial participants who managed to lose **33 lbs** or more reversed their condition. After 2 years, more than 1/3 had been free of diabetes and the need for medication for at least 24 months.⁴
- Intentional activity like taking a walk, dancing, lifting weights or swimming for 30 minutes, five days per week can reduce the risk of Diabetes.⁵
- The ADA placed the economic cost of diabetes both diagnosed and undiagnosed, prediabetes, and gestational diabetes combined at **\$403.9 billion** annually.⁶





PREVENT & REVERSE DIABETES

According to Professor Roy Taylor from Newcastle University in the United Kingdom describes the onset of Type 2 Diabetes this way: "When fat cannot be safely stored under the skin, it is then stored inside the liver and overflows to the rest of the body, including the pancreas. This 'clogs up' the pancreas, switching off the genes [that] direct how insulin should effectively be produced, and this causes Type 2 Diabetes."⁴

There are natural ways to prevent and reverse diabetes before it gets serious enough to make medications necessary. As always, consult your physician to determine a healthy plan to manage your diabetes.⁵

- Cut sugar and refined carbohydrates from your diet.
- Quit smoking. Smoking contributes to insulin resistance.
- Avoid large portion sizes during meals.
- Be intentionally active for 30 minutes 5 days a week.
- Choose water over sugary drinks, including alcohol.

- Eat plenty of fiber to reduce spikes in blood sugar and insulin levels.

Eating for preventing, controlling and reversing diabetes can allow you to enjoy your food without feeling hungry or deprived.⁷

Again, consult your personal physician when determining the best regimen for managing your health and controlling your diabetes.⁸



Learn More!

1. **Types of Diabete and their Symptoms** <https://www.cdc.gov/diabetes/basics/symptoms.html>
2. **Diabetes** https://www.who.int/health-topics/diabetes#tab=tab_1
3. **Key Facts of Diabetes** <https://www.who.int/news-room/fact-sheets/detail/diabetes>
4. **Medical News Today** Study reveals what causes type 2 diabetes and how to reverse it. <https://bit.ly/2UqIEiE>
5. **Natural Ways to Prevent Diabetes before it starts** <https://bit.ly/2UpP8y7>
6. **The Diabetes Diet** <https://www.helpguide.org/articles/diets/the-diabetes-diet.htm>
7. **American Diabetes Association 2020 Guidelines for Diabetes Care**
https://care.diabetesjournals.org/content/43/Supplement_1
8. **The Economic Costs of Diabetes and Prediabetes** <https://bit.ly/3nmTNgz>

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