



Tune in to
Prevent

Diabetes

It's time to TUNE IN! Did you know that preventing diabetes is easier than you think? Don't just sit on the sidelines. Be proactive about your health so that you can live a healthier and longer life for yourself and your family! Let's *Tune in to Preventing Diabetes* this November, **American Diabetes Month**®! As a famous English author once stated, "An ounce of prevention is worth a pound of a cure."

 **St. Luke's**
HOSPITAL
Our specialty is you.

Spirit of
Women

Tune in to Prevent Diabetes is powered by Spirit of Women®, a national network of hospitals and healthcare providers across the United States that ascribe to the highest standards of excellence in women's health, education, and community outreach.

5 tips for you to take control and prevent diabetes TODAY:

Tip 1: Be more physically active

A little bit goes a long way. For instance, take the stairs instead of the elevator or park at the far end of the parking lot. Physical activity lowers blood sugar and boosts your sensitivity to insulin which helps keep your blood sugar within normal range.

Tip 2: Get plenty of fiber

Fiber intake reduces the risk of diabetes by improving your blood sugar control; it also lowers the risk of heart disease. Recommended foods high in fiber include fruits, vegetables, beans, whole grains, nuts, and seeds.

Tip 3: Go for whole grains

If you are at risk, whole grains may help reduce your risk of diabetes by helping maintain blood sugar levels. When grocery shopping, think of making half your grains whole grains. *Tip: look for the word “whole” on the package and among the first few items in the ingredients list.

Tip 4: Maintain healthy weight

Take immediate action if you know you are overweight. Every pound you lose can drastically improve your health. Adults who are overweight and lose a moderate amount of weight and exercise regularly reduce the risk of developing diabetes.

Tip 5: Make healthier choices

Don't limit or exclude a particular food group because you may be eliminating essential nutrients that your body needs. Instead, think variety and portion control as part of an overall healthy eating plan.

St. Luke's Hospital offers diabetes support groups and health education events throughout the year. Visit www.stlukes-stl.com.

Need a physician for you or a family member? Call St. Luke's Physician Referral Service at 314-205-6060 to find one that fits your needs.

Sources:
American Diabetes Association

Did you know that with diabetes comes life-threatening complications such as heart disease, stroke, kidney disease, blindness, and amputation? Diabetes is a chronic disease in which the body does not produce or properly use insulin, a hormone that is needed to convert sugar, starches, and other foods into the energy needed for daily life. There are 3 types of diabetes:

- 1. Type 1 diabetes:** usually diagnosed in children and young adults
- 2. Type 2 diabetes:** the most common form and the most often diagnosed form in adults
- 3. Gestational diabetes:** can appear during pregnancy and can create a high risk for type 2 diabetes later in life

ARE YOU THERE?

Pre-diabetes can and may appear symptomless. It is important to be on the watch for some crucial information in order to keep you diabetes-free and to decrease your risk:

- ⊙ Know your fasting glucose number. Normal range is 60 - 100 mg/dL.
- ⊙ Achieve and maintain a healthy weight for *you*. It is particularly important to reduce excess abdominal fat.
- ⊙ Increase your physical activity.
- ⊙ Manage your blood pressure, cholesterol, and triglyceride levels.

Pre-diabetes is a serious medical condition that can be treated. People with pre-diabetes can prevent the development of type 2 diabetes by making subtle changes to their lives.