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Preventing Type 2 Diabetes

Type 2 diabetes is a serious and increasingly common health issue that affects more than 30 million Americans and continues to grow in prevalence. Left unchecked, it can lead to serious health concerns, including stroke, kidney failure, heart attack, and even death. Making small lifestyle changes can help you avoid the development of type 2 diabetes and protect your health.

Begin by evaluating your diet. Research has shown that what we eat plays a significant role in developing type 2 diabetes. Refined carbohydrates, including added sugars in sodas, baked goods, and even juices, can cause blood sugar levels to increase rapidly and spike. This, in turn, can lead to insulin resistance, a precursor to type 2 diabetes. Eating whole grains, fruits, vegetables, and lean proteins can help regulate your blood sugar, limiting your intake of red meats, sugary and processed foods, and added fats. Eating routinely throughout the day and monitoring portion sizes can prevent the surge and crash cycle commonly seen in those with type 2 diabetes.

Next, take time to move your body. Exercise and moderate physical activity help to increase insulin sensitivity and reduce the risk of type 2 diabetes. Aim for at least 150 minutes of activity per week broken up into 30-minute sessions to do this. This can be as simple as walking or biking, taking a dance class, or a light gym session. Implementing physical activity into your daily routine can also help reduce body fat, an important factor in preventing type 2 diabetes.

Finally, controlling stress levels is paramount when preventing type 2 diabetes. Increased cortisol, the "stress hormone," can make you more susceptible to developing type 2 diabetes. Incorporating relaxation techniques such as yoga, meditation, journaling, reading, and speaking to a therapist or friend can help reduce stress levels. Additionally, ensure ample time to rest and engage in enjoyable activities.

Ultimately, small changes to diet, exercise, and stress management levels can make all the difference in avoiding type 2 diabetes. Taking the time to assess and fine-tune your lifestyle can help to keep your body and mind healthy, minimizing the risk of developing type 2 diabetes.

For Additional Information about Diabetes, Visit:

<https://diabetes.org>

<https://www.cdc.gov/diabetes>

<https://www.mayoclinic.org/search/search-results?q=diabetes>

*This flyer is informational and not considered to be medical advice. Please consult your healthcare provider for information related specifically to your condition.