

**Exclusively** for Health Advocate Members



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**Take control today!**

# Prevent Type 2 Diabetes

If you are pre-diabetic or at risk for type 2 diabetes, there are lifestyle changes you can make right now to protect yourself from the disease. In fact, a recent study showed that **the risk of diabetes could be reduced by 58% through diet and exercise**. Here are a few strategies you can use to prevent a build-up of blood sugar (glucose) that can damage your heart, kidneys and other organs.



**Know your numbers!** Get tested regularly so you know your hemoglobin A1c and glucose levels, especially if you have one or more risk factors such as age over 45, are overweight or obese, are a member of an ethnic group at increased risk, have high blood pressure, high cholesterol, or a family history.

- **Hemoglobin A1c (HbA1c)** – The higher the level, the higher the risk. Levels of 5.7% or higher on multiple occasions are considered pre-diabetes. Levels above 6.5% are considered diabetes.
- **Fasting blood glucose (FBG)** – Levels between 100 and 125 mg/dL would be considered pre-diabetes. Blood sugar over 126 mg/dL on multiple occasions is indicative of diabetes.

**Get plenty of exercise.** 30 minutes a day, most days of the week, is advised. Exercise can help control weight, blood pressure and lower your blood sugar level.

**Eat a healthy diet.** Switch to whole grains, eat plenty of fruits and vegetables, minimize sugar-sweetened drinks, switch from butter to olive and canola oil, and choose fish, poultry and lean meats.

*[Source: New England Journal of Medicine]*

## Turn to Health Advocate

Call us if you would like to talk with a doctor about your risk for diabetes. Your Personal Health Advocate can help you locate a doctor, make an appointment, arrange for a second opinion, explain benefit coverage and much more. Just call or email [answers@HealthAdvocate.com](mailto:answers@HealthAdvocate.com).



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