

# What is Diabetes?

- Diabetes is a disease that occurs when your blood glucose, also called blood sugar, is too high. Blood glucose is your main source of energy and comes from the food you eat. Insulin, a hormone made by the pancreas, helps glucose from food get into your cells to be used for energy. Sometimes your body doesn't make enough—or any—insulin or doesn't use insulin well. Glucose then stays in your blood and doesn't reach your cells.



## *Ways to manage Diabetes!*

### **Manage your diabetes ABCs**

A is for A1C.

B is for blood pressure.

C is for cholesterol.

Knowing your diabetes ABCs will help you manage your blood glucose, blood pressure, and cholesterol. Stopping smoking if you smoke will also help you manage your diabetes. Working toward your ABC goals can help lower your chances of having a heart attack, stroke, or other diabetes problems

With the help of your health care team, you can create a diabetes self-care plan to manage your diabetes. Your self-care plan may include these steps:

Ways to manage your diabetes

- [Manage your diabetes ABCs.](#)
- [Follow your diabetes meal plan.](#)
- [Make physical activity routine.](#)
  - [Take your medicine.](#)
- [Check your blood glucose levels.](#)
- [Work with your health care team.](#)
- [Cope with your diabetes in healthy ways.](#)

For more information go to:

[www.cc-han.com](http://www.cc-han.com)

# Preventing Type 2 Diabetes

## **Preventing Type 2 Diabetes**

- Perhaps you have learned that you have a high chance of developing type 2 diabetes, the most common type of diabetes. You might be overweight or have a parent, brother, or sister with type 2 diabetes. Maybe you had gestational diabetes, which is diabetes that develops during pregnancy. These are just a few examples of factors that can raise your chances of developing type 2 diabetes.
- Diabetes can cause serious health problems, such as heart disease, stroke, and eye and foot problems. Prediabetes also can cause health problems. The good news is that type 2 diabetes can be delayed or even prevented. The longer you have diabetes, the more likely you are to develop health problems, so delaying diabetes by even a few years will benefit your health. **You can help prevent or delay type 2 diabetes by losing a modest amount of weight by following a reduced-calorie eating plan and being physically active most days of the week.**