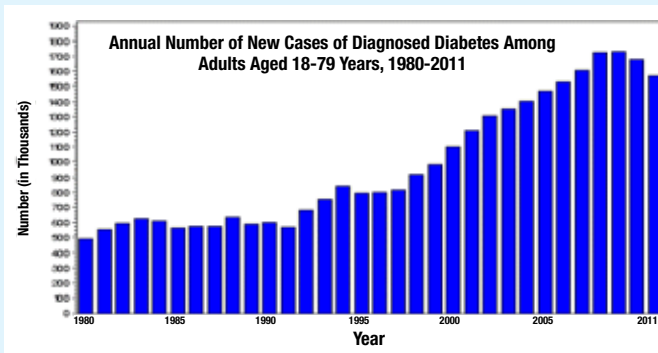


... FOR THE HEALTH AND WELL-BEING OF YOU AND YOUR FAMILY

5 THINGS YOU MAY NOT KNOW ABOUT DIABETES

1 DIABETES IS AN EPIDEMIC

In 1958 there were 1.5 million Americans diagnosed with diabetes. That number ballooned to 18.8 million in 2010. Add to that number, the 79 million adults aged 20 and older who have pre-diabetes, and are highly likely to develop the disease. Now, that's a disease of epidemic proportions.



Roughly 90 percent of diabetes cases are type 2 diabetes, which can be linked to lifestyle habits and obesity.

2 BLOOD GLUCOSE IS NOT THE ONLY NUMBER THAT MATTERS

If your fasting blood glucose is less than or equal to 110 mg/dL, then you do not have diabetes. But is that the only number that is related to the development of the disease? **No.**

The numbers below are also important to watch. Place a check mark next to the numbers that apply to you.

- Blood pressure equal to or over 130/85 mm Hg
- Cholesterol over 200 mg/dL
- Triglycerides over 150 mg/dL
- HDL under 40 mg/dL (men)
under 50 mg/dL (women)
- Waist circumference over 40" (men)
over 35" (women)

If 3 or more of your numbers are in the ranges listed, then you could have a **significantly higher risk for developing diabetes.**

3 THERE IS A MENTAL HEALTH AND DIABETES RISK CONNECTION

Stress increases blood sugar. When stressed, the body raises glucose levels in the blood stream to insure that enough energy is readily available to combat the threat or perceived threat. At the same time, growth hormone and cortisol levels rise, which causes muscle and fat to be less sensitive to insulin.

HOW DO YOU RATE YOUR STRESS LEVEL?

0	1-2	3-5	6-8	9-10
None	A Little	Some	A Lot	Overwhelming

Depression may increase your diabetes risk. Insulin resistance is the hallmark of type 2 diabetes, and studies show that treating depression improves insulin resistance.

People with diabetes are more likely to suffer from depression. Some studies show that people with type 2 diabetes have twice the risk for depression as the general population.

4 THERE IS A SLEEP AND DIABETES RISK CONNECTION

Diabetes can cause sleep loss. People with diabetes are often up throughout the night going to the bathroom, because the kidneys are busy trying to reduce the amount of sugar in the blood by increasing urine output.

Lack of sleep may increase your risk of developing diabetes. Your body reacts to poor sleep in the same way it reacts to stress. It increases blood sugar and it increases insulin resistance.

Poor sleep can trigger unhealthy eating. Tired people tend to eat more and they eat more often. In addition, many go for unhealthy carbs that give a quick shot of energy, like cakes, cookies, and candy bars.

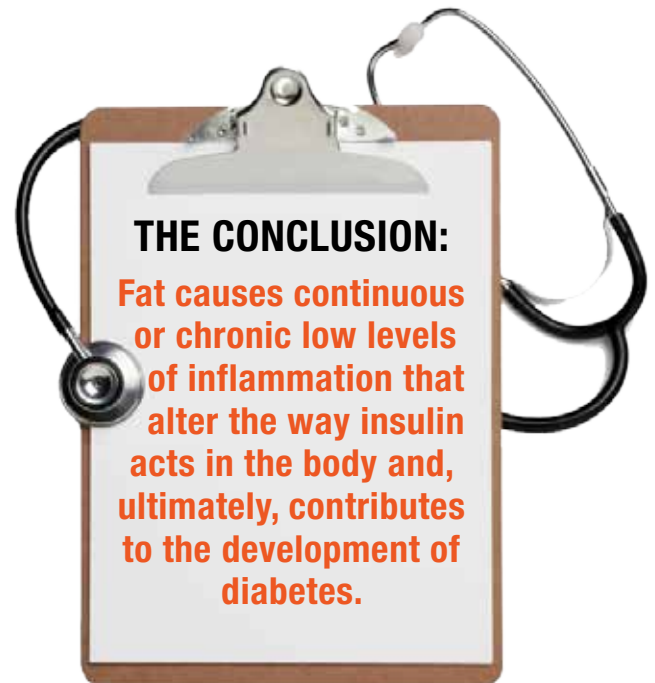
HOW MANY HOURS OF SLEEP DO YOU GET EACH NIGHT?

0-2 hrs	3-5 hrs	6-8 hrs	9+ hrs
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5 CHRONIC INFLAMMATION IS A CULPRIT

Many chronic diseases, like heart disease, cancer, respiratory disease, stroke, Alzheimer's disease, and kidney disease are thought to be chronic inflammatory diseases. The development of diabetes may also be triggered by inflammation. Researchers discovered that in people with type 2 diabetes, levels of inflammatory chemicals, called Cytokines, are elevated inside fat tissue.

How could carrying extra weight and inactivity be connected to higher levels of inflammatory chemicals in the body and the development of diabetes? As body weight increases, the body becomes less sensitive to insulin. That resistance to insulin and the resulting higher glucose levels, lead to inflammation. A vicious cycle can result, with more inflammation causing more insulin resistance and vice versa. Ultimately, blood sugar levels creep higher and higher, eventually resulting in type 2 diabetes.



Studies show that for every 2 pounds of weight loss, there is about a 10% reduction in inflammatory chemicals.

RESOURCES
www.NIH.gov
www.sanfordburnham.org
www.diabetes.org
For More Information visit www.WellnessCoachesUSA.com

