Diabetes Basics: What You Need to Know

Diabetes has reached epidemic proportions in the United States. 1 in 11 Americans are prediabetic and by 2020 it is estimated that 1 in 3 will have diabetes.

**Why is Diabetes Dangerous?**

Diabetes is dangerous as it affects all systems in the body. Excess sugar in the blood stream causes damage over time in the eyes, brain, heart, nerves and kidneys. It is also lethal, causing more deaths a year than breast cancer and AIDS combined.

**Can I Prevent It?**

Type 1 diabetes cannot be prevented. Type 2 diabetes can be prevented or delayed. Both can benefit from a healthy lifestyle. Maintaining a healthy weight and being active for 30 minutes five times a week can reduce your risk by 58%. Eating a healthy diet and following your providers’ recommendations can also help you prevent diabetes or best manage the disease if you have it.

Being educated and proactive about your health is important. To learn more about diabetes visit diabetes.org.

For help with your care, feel free to contact ConnectCare3.

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**3 Things To Care About This Month**

1. 1 in 11 people are prediabetic and 1 in 4 don’t know! Get screened!
2. Smoking kills! Join the Great American Smokeout and quit today!
3. Thanksgiving is National Family Health History Day. Talk with your family and document your shared medical
Each year since 2004, the Surgeon General has declared Thanksgiving to be National Family Health History Day. This holiday season, as you gather with family, consider discussing and documenting your family healthy history. This information can be very important in determining risk factors for or diagnosing certain diseases.

Here are some questions to ask blood relatives.

- Do you have any chronic diseases, such as heart disease or diabetes, or health conditions such as high blood pressure or high cholesterol?
- Have you had any other serious diseases, such as cancer or stroke?
- How old were you when each of these diseases was diagnosed?
- What is our family’s ancestry – what country did we come from?

For relatives who have died, be sure to ask about cause and age of death.

Record the answers to these questions and be sure to share with your other relatives. Everyone can benefit from having this information. This family health history should then be shared with your primary care provider so that it can be added to your file for future reference.

For more information about gathering a family health history, and to find tools that can help you organize the information, visit the CDC’s page at www.cdc.gov/Features/FamilyHealthHistory or the Surgeon General’s page at familyhistory.hhs.gov.