



## ***November is National Diabetes Awareness Month***

As members of the Bexar Area Alumnae Chapter of Delta Sigma Theta Sorority, Inc., we play a crucial role in recognizing **November as National Diabetes Awareness Month**. Let's use this opportunity to raise awareness about diabetes in our community. Our collective efforts, such as organizing educational events or sharing information on social media, are vital in bringing attention to the research and treatment needed for this disease.

### **Research shows that:**

- △ Diabetes is a chronic disease that causes elevated blood glucose levels.
- △ The most common type of Diabetes is type 2, which occurs when the body becomes resistant to insulin or the body may not make enough insulin on its own.
- △ Diabetes is a significant cause of blindness, kidney failure, heart attacks, stroke, and lower limb amputation.
- △ The number of people with diabetes has been rising globally, with over 400 million people affected. This is not just a global issue but a national one as well. In the U.S., more than 133 million people have diabetes or prediabetes.
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### **Tips for controlling Diabetes:**

- 1. Lose extra weight:** Losing weight reduces the risk of diabetes. The American Diabetes Association recommends that people with prediabetes lose at least 7% to 10% of their body weight to prevent disease progression.
- 2. Be more physically active:** Exercising is crucial and can help you lose weight, lower your blood sugar levels, and boost your sensitivity to insulin.

Some examples of physical activity include Aerobic exercise (30 or more minutes), Resistance exercise (at least 2 to 3 times a week), and limited inactivity (breaking up long bouts of inactivity by walking around).

**3. Eat healthy plant foods:** Choose nutritious, fiber-rich foods such as fruits, nonstarchy vegetables, leafy greens, whole grains, and foods with limited sugars. Avoid fatty foods when possible.

For more information about this disease, we encourage you to visit the Mayo Clinic or American Diabetes Association websites. Being informed is a powerful tool in managing and preventing diabetes.