

Quick Steps for Diabetes Prevention

Type 2 diabetes is a serious disease, but it can be delayed or prevented. You can do a lot to lower your chances of getting diabetes. Exercising regularly, reducing fat and calorie intake, and losing weight can all help you reduce your risk of developing type 2 diabetes. You are more likely to develop diabetes if:

- You are overweight.
- You are 45 years old or older.
- You have a parent, brother, or sister with diabetes.
- Your family background is African American, American Indian, Asian American, Pacific Islander, or Hispanic American/Latino.
- You have had gestational diabetes, or gave birth to at least one baby weighing more than 9 pounds.
- Your blood pressure is 140/90 or higher, or have been told that you have high blood pressure.
- Your cholesterol levels are not normal. Your HDL cholesterol ("good" cholesterol) is 35 or lower, or your triglyceride level is 250 or higher.
- You are fairly inactive. You exercise fewer than three times a week.

Many people have no or mild signs or symptoms. Nearly 6 million people in the U.S. have type 2 diabetes and don't know it. It is important to find out early if you have diabetes because treatment can prevent damage to the body.

Here's what to look for:

- increased thirst
- increased hunger
- fatigue
- increased urination, especially at night
- weight loss
- blurred vision
- sores that do not heal

Talk with your health care provider if you have any of the above risks or experience any of these symptoms.

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