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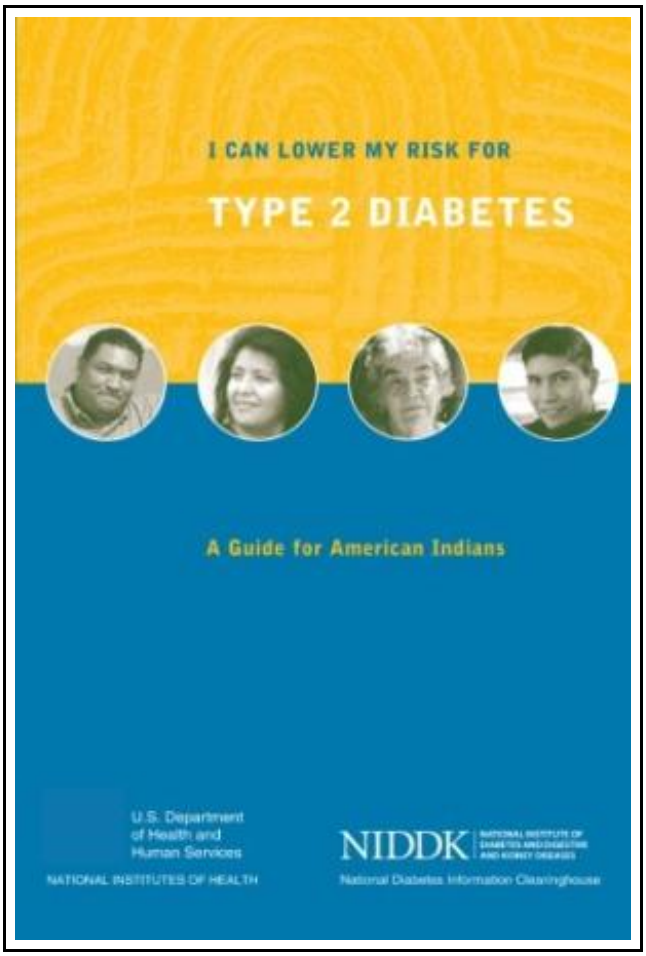

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I CAN LOWER MY RISK FOR TYPE 2 DIABETES: A GUIDE FOR AMERICAN INDIANS

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Createspace. Paperback. Book Condition: New. This item is printed on demand. Paperback. 26 pages. Dimensions: 9.0in. x 6.0in. x 0.1in.The National Institutes of Health Publication 11-5337, I Can Lower My Risk for Type 2 Diabetes: A Guide for American Indians, provides information on diabetes how to prevent it, how to learn how to take care of yourself if you have diabetes, and how to prevent some of the serious problems that can diabetes can cause. Type 2 diabetes is the most common type in American Indians. This type of diabetes can occur at any age, even during childhood. People develop type 2 diabetes because the cells in the muscles, liver, and fat do not use insulin properly. Eventually, the body cannot make enough insulin. As a result, the amount of glucose in the blood increases while the cells are starved of energy. Over time, high blood glucose damages nerves and blood vessels, leading to problems such as heart disease, stroke, blindness, kidney failure, and amputation. Although people with diabetes can prevent or delay complications by keeping blood glucose (also called blood sugar) levels close to normal, preventing or delaying the development of type 2 diabetes in the first place is even better. The results of a major federally funded study, the Diabetes Prevention Program (DPP), prove that we can prevent or delay the disease. This study of 3, 234 people at high risk for diabetes showed that moderate diet and exercise, resulting in a 5- to 7-percent weight loss, can delay and possibly prevent type 2 diabetes. More than 170 American Indians participated in the DPP. The DPP tested three approaches to preventing diabetes: making lifestyle changes, taking a diabetes pill, or following the standard diabetes education approach. People in the lifestyle change group exercised about 30 minutes a day,...

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