

# We Know...

## Diabetes Prevention and Management



About 8 percent of the U.S. population has diabetes, a chronic illness resulting from the body's inability to produce or properly use insulin, an essential hormone.

The Centers for Disease Control and Prevention reports that an additional 57 million Americans have prediabetes, and that one in three children born after 2000 is at risk for developing the disease. Genetics factor into whether

or not an individual develops diabetes, yet everyday choices also can increase vulnerability.

### Reduce your risk

Reduce the risk of developing prediabetes, diabetes, or complications from the illness:

- See your health-care provider regularly.
- Get a fasting blood glucose test. Manage blood glucose, blood pressure, and cholesterol at healthy levels.
- Reduce body weight by 5 to 7 percent if you are overweight.
- Be physically active for at least 30 minutes on most days. Park the car at the far end of the lot and walk.
- Eat lots of brightly colored vegetables and moderate portions of fruit, whole grains, and proteins such as cooked dried peas or beans, soy foods, low-fat or skim dairy products, fish, nuts or seeds, chicken or turkey without the skin, lean cuts of red meat, or eggs.
- Reduce your intake of fat, salt, and sugar.
- Learn to cope with stress.
- Have teeth cleaned regularly; brush and floss daily.

## Watch for symptoms of diabetes

Some individuals who have the disease may not demonstrate any symptoms, but early symptoms can include the following:

- blurred vision
- excessive thirst
- frequent urination
- hunger
- unexplained fatigue or irritability

## Manage your diabetes

An early diagnosis is an advantage in disease management. If undiagnosed or left uncontrolled, diabetes can lead to amputation, blindness, kidney failure, sexual dysfunction, periodontal disease, or other oral health problems. If not controlled during the first trimester of pregnancy, diabetes can cause birth defects or the death of an unborn child; during the second or third trimesters, it could lead to birth of a large baby, putting both mother and infant at risk.

Contact the local K-State Research and Extension office for more tips to reduce the risks from diabetes. Ask about classes – including “Dining with Diabetes” and “What’s Cookin’ with Diabetes” – a collaborative effort with Blue Cross and Blue Shield, and Prime Therapeutics, both of Kansas. The classes offer tips for healthy meals and snacks.

For more information on diabetes prevention and management, contact your local K-State Research and Extension office or visit online at [www.ksre.ksu.edu/WeKnow](http://www.ksre.ksu.edu/WeKnow).



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