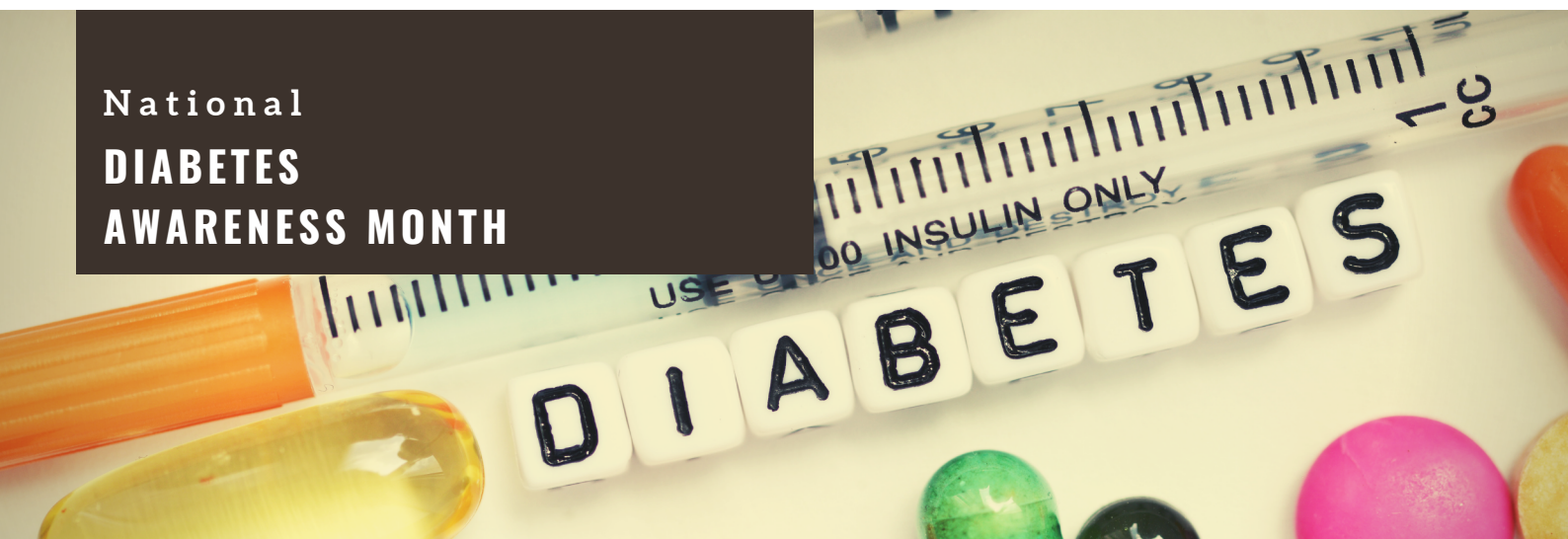


National DIABETES AWARENESS MONTH



UNDERSTANDING TYPE 1

Here's what you need to know about type 1 diabetes. Type 1 diabetes occurs at every age and in people of every race, shape and size. There is no shame in having it, and you have a community of people ready to support you. Learning as much as you can about it and working closely with your diabetes care team can give you everything you need to thrive. In type 1 diabetes, the body does not produce insulin. The body breaks down the carbohydrates you eat into blood sugar that it uses for energy—and insulin is a hormone that the body needs to get glucose from the bloodstream into the cells of the body. With the help of insulin therapy and other treatments, everyone can learn to manage their condition and live long, healthy lives. Remember: this is a condition that can be managed. By living a healthy lifestyle filled with exercise and proper diet, you can live a normal life and do everything you set out to do.

UNDERSTANDING TYPE 2

Type 2 diabetes is the most common form of diabetes—and it means that your body doesn't use insulin properly. And while some people can control their blood sugar levels with healthy eating and exercise, others may need medication or insulin to help manage it. A key part of managing type 2 diabetes is maintaining a healthy diet. You need to eat something sustainable that helps you feel better and still makes you feel happy and fed. Fitness is another key to managing type 2. And the good news, all you have to do is get moving. The key is to find activities you love and do them as often as you can. No matter how fit you are, a little activity every day can help you put yourself in charge of your life.



YOU HAVE THE POWER TO CHANGE THINGS.



OVERWEIGHT? KNOW THE IMPACT.

If you're overweight, it impacts more than your risk of developing type 2 diabetes. It leads to unhealthy cholesterol, high blood pressure, heart disease, high blood sugar and even stroke. The good news? Losing just 10-15 pounds can make a big difference.



NEED MORE REASONS TO QUIT?

You already know smoking is bad for you. What you may not know is that it reduces the amount of oxygen that reaches your organs and causes a range of issues, from high blood pressure and unhealthy cholesterol to heart attack and stroke.



HIGH BLOOD PRESSURE RISKS

If you have high blood pressure, you're not alone; it affects nearly one in three American adults. High blood pressure makes your heart work harder, which raises your risk of heart disease, stroke, and other problems. And you may need medication to get it under control, fast.