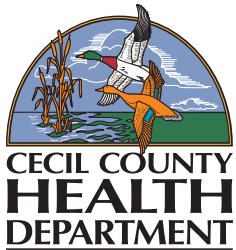


MYTH

I don't eat sugar, so
I can't get diabetes.



Together **WE** Can **BEAT** **DIABETES**



www.cecilcountyhealth.org



www.uhcc.com

For more information about your
risk for diabetes, contact your
health care provider.

FACT

Type 2 diabetes is caused by genetics and lifestyle factors. Being overweight does increase your risk for developing type 2 diabetes, and a diet high in calories from any source contributes to weight gain.

~ Centers for Disease Control - CDC.gov

Diabetes causes blood glucose (sugar) levels to rise higher than normal. This is also called hyperglycemia. Type 2 diabetes is the most common form of diabetes.

If you have type 2 diabetes, your body does not use insulin properly. This is called insulin resistance. At first, your pancreas makes extra insulin to make up for it. But, over time, it isn't able to keep up and can't make enough insulin to keep your blood glucose at normal levels.

~ American Diabetes Association - Diabetes.org

03/2015

MYTH

I feel fine, so
I can't have diabetes.



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DIABETES



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health care provider.

FACT

There are no clear symptoms of **prediabetes**, so, you may have it and not know it.

Diabetes causes blood glucose (sugar) levels to rise higher than normal. This is also called hyperglycemia. Type 2 diabetes is the most common form of diabetes.

If you have type 2 diabetes, your body does not use insulin properly. This is called insulin resistance. At first, your pancreas makes extra insulin to make up for it. But, over time, it isn't able to keep up and can't make enough insulin to keep your blood glucose at normal levels.

~American Diabetes Association - Diabetes.org



MYTH
 I can't have diabetes.
 I'm not that overweight
 and I eat mostly healthy.

Together **WE**
 Can **BEAT**
DIABETES

FACT

Being overweight does increase your risk for developing type 2 diabetes, and a diet high in calories from any source contributes to weight gain.

~ Centers for Disease Control - CDC.gov

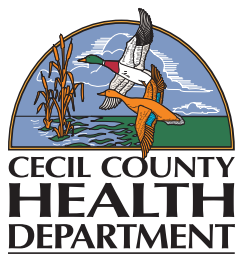
Being overweight is a risk factor for developing this disease, but other risk factors, such as family history, ethnicity and age also play a role.

Unfortunately, too many people disregard the other risk factors and think that weight is the only risk factor for type 2 diabetes. Most overweight people never develop type 2 diabetes, and many people with type 2 diabetes are at a normal weight or only moderately overweight.

Even so, the fact is, losing just 7% of your body weight can offer significant health benefits — that's about 15 pounds if you weigh 200.

You can prevent or delay type 2 diabetes. Stay at a healthy weight, eat well and be active. With these steps, you can lower your risk and stay healthier longer.

~American Diabetes Association - Diabetes.org



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