



Health Yourself Byte



NOVEMBER: American Diabetes Month

There are many myths about diabetes that make it difficult for many individuals to believe that DIABETES is a serious disease that left untreated can be very expensive and cause many health complications. Here are some of those myths debunked:

1. **MYTH: Diabetes is not that serious of a disease.** Diabetes causes more death a year than breast cancer and AIDS combined. 2 out of 3 people with diabetes die from heart disease or stroke.
2. **MYTH: If you're overweight or obese, you will eventually develop type 2 diabetes.** Being overweight is a risk factor, but other risk factors such as family history, ethnic background and age also play a role. Too many people disregard the other risk factors and think that weight is the only risk factor for type 2 diabetes.
3. **MYTH: Eating too much sugar causes diabetes.** NOT TRUE! Type 1 diabetes is caused by genetics and unknown factors that trigger the onset of the disease; type 2 diabetes is caused by genetics and lifestyle factors. Being overweight does increase your risk as does a diet high in calories (whether from sugar or fat) and not enough regular exercise.
4. **MYTH: People with diabetes can't eat sweets or chocolate.** If eaten as part of a healthy meal plan, or combined with exercise, sweets and desserts can be eaten by individuals with diabetes. They are no more "off limits" to people with diabetes than they are to people without diabetes.

PLEASE POST FOR THOSE EMPLOYEES WITHOUT EMAIL



The Medical
Center of Plano