



November is American Diabetes Awareness Month

In the United States today there are 9.1 million people with diabetes. That is 9.3% of the American Population. **Do you know your risk of diabetes?** The American Diabetes Association offers a Type 2 Diabetes Risk test at <http://www.diabetes.org/are-you-at-risk/tools-to-know-your-risk/?loc=superfooter>

What can you do to reduce your risk of diabetes? It is the small steps that will lessen your risk of diabetes. First, you must be willing to make the changes!

Simple steps include:

- Eating healthy foods
- Getting 30 minutes per day of exercise
- Reduce your body weight by 10% if you are overweight
- Keep your blood pressure less than 120 over less than 80 mmHg.
- Know your cholesterol numbers
- Make one change at a time to ensure success

November is also Diabetic Eye Disease Month. Everyone knows someone with diabetes. Make sure that they know the benefit of routine eye exams. Diabetes can cause retinopathy which is a cause of blindness. Eye exams every 6 months can detect retinopathy and provide potential strategies to prevent blindness. For more information: www.preventblindness.org

