



Preventing type 2 diabetes. Yes, it's possible!

Adopting healthy lifestyle habits reduces the risk of developing type 2 diabetes or delays its onset.

Moreover, if you have prediabetes, adopting healthy lifestyle habits resulting in a 5% weight loss can delay or reduce the risk of developing type 2 diabetes by almost 60%!

What lifestyle habits should you adopt to reduce the risk of developing type 2 diabetes?

- Eat a healthy diet.
- Exercise for at least 150 minutes per week at moderate intensity.
- Actively manage your weight, if necessary.
- Manage your stress.

When started early, lifestyle changes have beneficial effects that can last for more than 20 years.

Resources

preventiondiabete.ca
canrisk.diabetes.ca



Life's brighter under the sun

This educational tool was produced with the support of Sun Life, a company committed to preventing diabetes.

Questions about diabetes?

InfoDiabetes Service

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1-800-361-3504

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Diabetes School



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diabete.qc.ca



Understanding and preventing type 2 diabetes

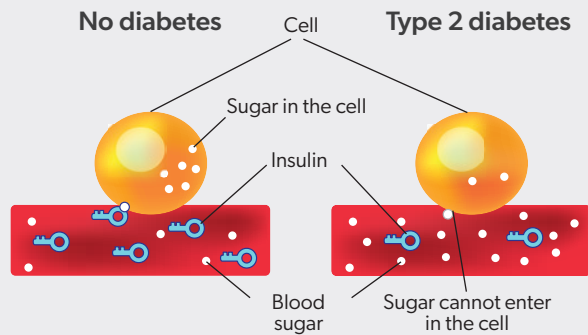


What is type 2 diabetes?

Type 2 diabetes is an incurable, chronic but controllable disease. It is characterized by elevated blood sugar.

Normally, your blood sugar is kept within a normal range thanks primarily to insulin, a hormone produced by the pancreas. Insulin acts like a key, allowing the sugar circulating in the bloodstream to enter the body's cells for use as a source of energy.

In people living with type 2 diabetes, two phenomena occur in various degrees: the cells become resistant to the action of insulin and the pancreas's insulin production declines. When that happens, sugar accumulates in the bloodstream, increasing blood sugar above the normal range.



A disease to take seriously

Often having high blood sugar can lead to various serious and irreversible complications for your eyes, kidneys, nerves, blood vessels and heart.

It is called prediabetes when blood sugar is higher than normal but not high enough to warrant a diagnosis of diabetes. It's a warning signal!

What are the symptoms of diabetes?

- Fatigue, drowsiness
- An increase in the volume and frequency of urination
- Intense thirst
- Excessive hunger
- Unexplained weight loss
- Blurry vision
- Slow healing
- Genital and bladder infections
- Irritability

The symptoms can vary from person to person and can also go undetected!

Get a check-up!

Beginning at 40 years of age, it is recommended that you get a blood test for type 2 diabetes every three years.

If you have several risk factors, you should be checked every 6 to 12 months after you turn 40.

It is estimated that it can take approximately four to seven years before a case of type 2 diabetes is diagnosed. Meanwhile, the diabetes is progressing and doing its damage.

Are you at risk?

- I am male.
- I am 40 years of age or older.
- I have a parent, brother, sister, or child with type 2 diabetes.
- I belong to an ethnic group at high risk of developing type 2 diabetes: African; East, South and West Asian; Arab; Latin American; Afro-Caribbean or Indigenous.
- I have high blood pressure.
- I have had abnormally high blood sugar levels in the past.
- I have given birth to a baby weighing more than 4.1 kg (9 lb.).
- I am overweight, particularly with abdominal fat.
- I normally do less than 30 minutes of exercise per day.
- I don't eat vegetables and fruit every day.

*Adapted from CANRISK: The Canadian Diabetes Risk Questionnaire, Public Health Agency of Canada, 2011.

If you have checked more than one risk factor, see your doctor!



Visit canrisk.diabetes.ca and take the test to measure your level of risk of developing type 2 diabetes!

