



Reducing the risk of developing 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?

- Include fruits and vegetables in your daily meals.
- Take inspiration from the balanced plate of Canada's Food Guide.
- Cook more often to limit the consumption of ultra-processed foods.
- Be active every day, ideally aiming for at least 150 minutes of moderate-intensity physical activity per week.
- Adopt a healthy sleep routine.
- Learn how to reduce your stress.

It is never too late to adopt healthy lifestyle habits! Every change has long-term benefits.

Resources for screening

Are you looking to get screened for type 2 diabetes? Here are 5 resources to help you do so:

1. Contact your family doctor, if you have one.
2. Consult your pharmacist.
3. Call at 811, press option 3.
4. Make an appointment online through the government service Rendez-vous Santé Québec website (quebec.ca/en/health/finding-a-resource/family-doctor-schedule-an-appointment).
5. Schedule an appointment at a diabetes screening centre on Clic Santé (only in certain regions of Québec).

Become a member of Diabetes Québec!



Questions about diabetes?

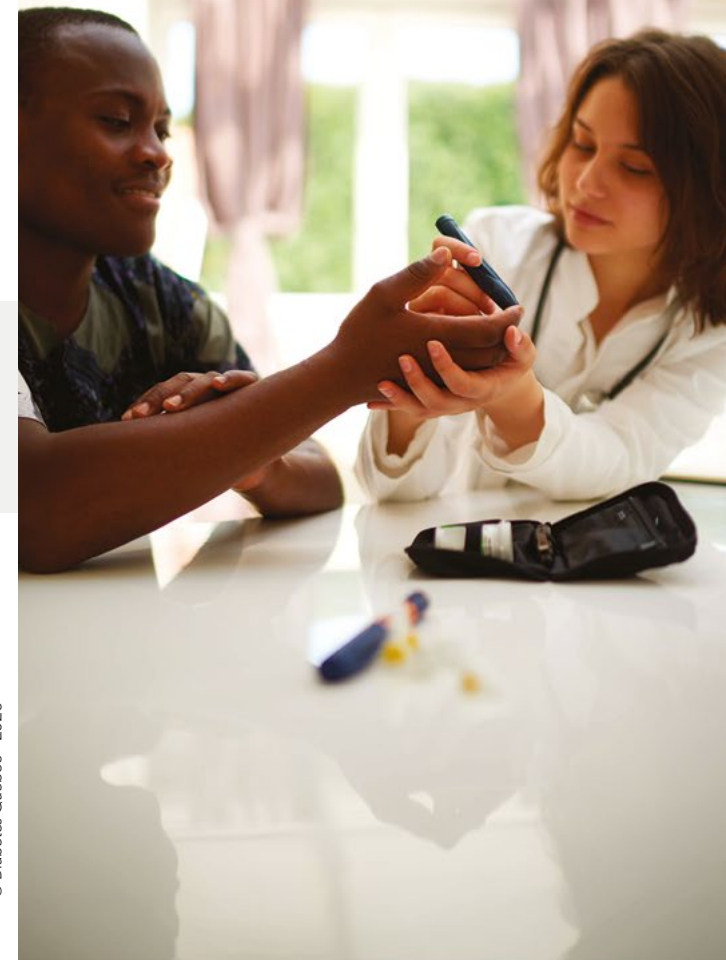
InfoDiabetes Service
514-259-3422, press 1
1-800-361-3504, press 1
infodiabete@diabete.qc.ca

Diabetes School
Universi D
universi-d.com

Diabetes  Québec
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Understanding and reducing the risk of type 2 diabetes

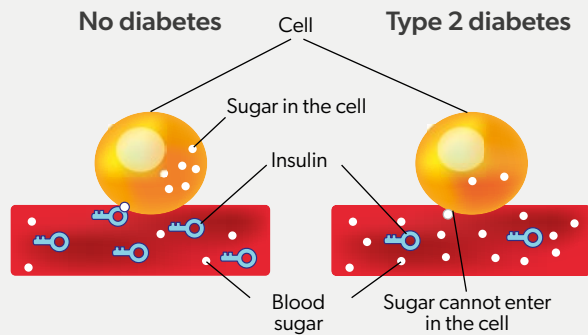


What is type 2 diabetes?

Diabetes is a chronic disease that cannot be cured but can be managed. It is characterized by higher than normal levels of sugar in the bloodstream.

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, urinary, 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 and screening should start before 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 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 do less than 30 minutes of exercise per day.
- I don't eat vegetables and fruit every day.
- I am male.

If you have checked more than one risk factor, see a healthcare professional!

The development of type 2 diabetes usually results from a combination of several risk factors. The greater the number of risk factors present, the higher the risk of developing the disease.

Some risk factors are beyond your control (for example biological sex, age, family history). However, if you wish to reduce your risk of developing type 2 diabetes, you can act on modifiable risk factors over which you have control (such as eating habits and physical activity).