



Diabetes

Diabetes is a life-altering and life-threatening disease. People diagnosed are at greater risk for heart attacks, strokes, kidney disease, blindness, amputations, as well as incurring serious financial and emotional hardship.

Knowing the risks, recognizing the warning signs, pursuing healthier eating habits and regular physical exercise is critical to preventing diabetes or effectively managing the disease.

1 in 3 Children will get diabetes in their lifetime.

Up to 95% of Type 2 diabetes is preventable.

- ~ Take the Defeat Diabetes® Screening Test and learn if you are at risk for diabetes. If you are at risk, take action to prevent it.
- ~ Kids (and adults) eat too many processed and fast foods. Only 2% of kids get the recommended daily servings of fruits and vegetables. Too many of our calories come in the form of sugar, and most of that as beverages.

Eat to Defeat Diabetes®

- ~ Parents set a good example by eating healthy.
- ~ Don't skip breakfast – Ever!
- ~ Eat a variety of fruits and vegetables (from all colors of the rainbow), legumes and whole grains.
- ~ Avoid sugary beverages and drink plenty of water.

“What’s worse than finding out you have diabetes?... NOT finding out!”

Andrew P. Mandell – Mr. Diabetes®

Defeat Diabetes Foundation provides practical lifestyle changing programs and services that are family oriented:

- Kid Initiative to Defeat Diabetes® (KIDD™ Project)
- Defeat Diabetes® Screening Test brochures distribution
- Pet Diabetes Awareness and Prevention program
- Diabetes Testing Supplies program

Learn more at DefeatDiabetes.org



Defeat Diabetes Foundation (DDF) is a 501(c)(3) non-profit charity founded in 1990 by diabetics and is dedicated to the prevention, early identification and effective self-care of diabetes. We're on a mission to save children and their families from the pain of diabetes by empowering them with the tools to prevent diabetes and/or its complications.

Like us on Facebook and follow us on Twitter at:



Defeat Diabetes Foundation



@DefeatDiabetes1

Is Your Family Safe From Diabetes?



Defeat Diabetes® Screening Test

Defeat Diabetes Foundation
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Together We Can



www.DefeatDiabetes.org

Physical Activity

Add regular physical activity to your daily routine.

Children of all ages should have one hour of strenuous physical activity each day. Adults should get at least 30 minutes.

Limit Screen Time

Between computer usage, video game play, texting, social media and television watching, far too much time each day is spent in sedentary activities.

Set limits for the amount of time the family spends in front of all types of screens.

Is Anyone in Your Family Overweight?

If overweight, losing 5% of bodyweight can reduce your risk for developing diabetes. For most people that is less than 20 pounds.

Reduce Plate Sizes

Most Americans simply eat too much food. Reduce portion sizes by eating off smaller plates.

What if You Already Have Diabetes?

Avoid the complications:

- ~ See your doctor regularly
- ~ Control glucose levels
- ~ Create workable meal and activity plans
- ~ Know the ABC's of diabetes (A1c, Blood Pressure and Cholesterol).

For more information on preventing diabetes visit our website at:

www.DefeatDiabetes.org

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Are You At Risk for Diabetes?

Take This Quick Test to Find Out

1 of every 3 people with diabetes doesn't know it. Another 1 in 4 is at major risk of developing the disease. Early identification of your risk for developing diabetes is the first step in prevention. This simple Q and A helps assess your risk for diabetes, but is not intended to replace an examination by your physician.

Symptoms or Do I Have Diabetes Now?

Diabetes symptoms may develop slowly. But, if you show any of the following symptoms, see a physician as soon as possible and GET TESTED!

- ~ Increased thirst and frequent urination
- ~ Increased hunger
- ~ Rapid and unexplained weight loss
- ~ Fatigue
- ~ Blurred vision
- ~ Slow-healing sores or frequent infections

Risk Factors or Will I Get Type 2 Diabetes?

Score 1 point for each box you check. If you answer "yes" to three or more of these risk factors, schedule an appointment with your physician to find out if you have pre-diabetes or diabetes.

- A family history of diabetes – parent or sibling with Type 2 Diabetes.
- Age over 45 – The chance of getting Type 2 Diabetes increases with age.
- Race or ethnicity – Blacks, Hispanics, Native Americans, Asians.
- Overweight or obese – BMI over 25.
- Hypertension – High blood pressure.
- Inactivity.
- Abnormal cholesterol levels – Low HDL cholesterol, or high LDL or triglycerides.
- Pre-diabetes – Blood sugar is higher than normal, but not yet diabetes.
- History of gestational diabetes (diabetes during pregnancy) or delivering a baby over nine pounds.
- History of cardiovascular disease.
- Areas of darkened skin (Acanthosis Nigricans) – dark, velvety rash around neck or armpits.
- A history of polycystic ovary syndrome (PCOS) – women only.

Remember, you CAN do a lot to lower your chances of getting Type 2 diabetes. Lifestyle changes include: regular exercise, eating healthy, maintaining a healthy weight, and lowering blood pressure and cholesterol levels. Type 1 diabetes is a medical condition that cannot be prevented by lifestyle changes.

Visit our website at www.DefeatDiabetes.org to learn more.