November National Diabetes Month

What is Diabetes? It is when the body does not produce or properly use insulin. Insuline is a hormone that allows the body to use glucose for energy. The body produces glucose from the food you eat.

According to the American Diabetes Association, nearly 26 million Americans have diabetes including 7 million who don’t know it. There are approximately 2 million new cases of diabetes diagnosed each year. There are also 79 million Americans who have prediabetes. Recent estimates project that as many as 1 in 3 American adults will have diabetes in 2050 unless we take the neccesarry steps to STOP DIABETES!

There are two types of diabetes. The most common and most often diagnosed in adults is Type 2 diabetes. The type diagnosed in children and young adults is Type 1.

Individuals are at increased risk for diabetes if they have a parent, brother or sister who has diabetes, are overweight, are African American, Hispanic/Latino, Native American, Asian American or Pacific Islander, have had a baby weighing more than 9 pounds or had gestational diabetis, have high blood pressure, have low HDL (good cholesterol), or have high triglycerides.