

NOVEMBER

Diabetes *Awareness* Month

Diabetes is a disease that occurs when blood glucose, also called blood sugar, is too high. Over time, having too much glucose in the blood can cause health problems, such as heart disease, nerve damage, eye problems and kidney disease. November has been designated Diabetes Awareness Month to raise awareness of diabetes, to promote healthy lifestyle changes, which can help prevent the most prevalent form of the disease, and to encourage research into a cure.

Understanding Diabetes

Type 1 diabetes is an autoimmune disease which affects a person's ability to make insulin. It is caused by genetics and often unknown factors. Only about 5 percent of people with diabetes have this type. People with type 2 diabetes make insulin but it may not be enough, or their bodies cannot use the insulin that is made efficiently. Type 2 diabetes, the most common form, is caused by genetics but also lifestyle factors.

In addition to type 1 and type 2 diabetes, millions of people across the globe have a condition called prediabetes, putting them at high risk of developing type 2 diabetes.

There isn't a cure yet for diabetes, but healthy lifestyle habits, taking medicine as needed, getting diabetes self-management education, and keeping appointments with your health care team can greatly reduce its impact on your life.



Could you or someone you know have diabetes and not know it?

Diabetes Risk Test



Nearly **1 in 5 Americans** with diabetes has it and doesn't know it.



Take the **American Diabetes Association Diabetes Risk Test** to see if you are at risk for type 2 diabetes.

24/7 Live Assistance

Call: 888-969-0155
App: GuidanceNowSM
Online: [guidanceresources.com](https://www.guidanceresources.com)

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