



On Call[®] Advisor Preventing Diabetes

Preventing Diabetes

537 million people were living with diabetes in 2021. Most of these cases are type 2 diabetes. The total number of people living with diabetes is projected to rise to 643 million by 2030 and 783 million by 2045.. Cases of diabetes are becoming more and more common among the worldwide population. This disease can lead to serious health complications such as heart disease, kidney failure, blindness and others. It is important to prevent or delay diabetes because there is no cure for the disease.



Preventing Diabetes in Children

- *Healthy food is an important factor in preventing diabetes. Many children tend to eat unhealthy snacks, parents must help their children develop a habit of eating health foods.*
- *Exercise is another important factor. Parents should encourage and allow their children to participate in sports and get regular physical exercise.*
- *Maintaining a healthy weight is also helpful in preventing diabetes. Obesity has become a major issue for children who eat unhealthy snacks or foods. Make sure children maintain a healthy body weight according to their height.*
- *If diabetes runs in the family, then parents should educate their children about the disease. That way, children can take an effort to prevent diabetes themselves.*
- *Keeping a healthy lifestyle in the family is the best way to prevent or delay diabetes.*

Preventing Diabetes During Pregnancy

During pregnancy, women are at risk for gestational diabetes. Pregnant women should do the following to best prevent developing gestational diabetes:

- *Maintain a healthy diet and make sure that you are gaining the right amount of weight.*
- *Keep a high fiber and low sugar diet.*
- *Exercise regularly for about 30 minutes. Walking is the most suitable exercise for pregnant women.*
- *Eating smaller portions can also help prevent gestational diabetes.*
- *Avoid soda and drink more water. Water helps reduce the calorie count in the body and flushes out toxins.*

Preventing Diabetes Naturally

- Maintain your weight at a healthy level. Type 2 diabetes is mostly detected in people who are overweight.
- Keep a low fat and low sugar diet meal plan. People who eat a lot of sugar and fat have a higher tendency of being diagnosed with diabetes.
- Consume a high fiber diet. A high fiber diet will help prevent diabetes and also lower your blood glucose levels.
- Eat more vegetables and less meat.

Other Tips to Help Prevent Diabetes

- *Exercise for 30 minutes a day for five days a week.*
- *Avoid or give up alcohol and smoking.*
- *Get regular check ups with your physician.*
- *Lose weight or maintain a healthy weight.*
- *Keep your blood pressure, cholesterol, and triglyceride levels under control.*

This is a general guideline for preventing diabetes. If you have other questions, please contact your healthcare provider for more suggestions.



ACON Laboratories, Inc.

5850 Oberlin Drive, #340 San Diego, CA 92121, USA

Tel: 1-858-875-8000 • Fax: 1-858-200-0729 • E-mail: info@aconlabs.com

Please visit our website for details: www.acondiabetescare.com