



Wellness Buddy Wednesday Tip

November is National Diabetes Month

Diabetes currently affects 246 million people globally, including nearly 21 million children and adults in the United States.

Diabetes often goes undiagnosed because many of its symptoms seem so harmless.

Some diabetes symptoms include:

- Frequent urination
- Excessive thirst
- Extreme hunger
- Unusual weight loss
- Increased fatigue
- Irritability
- Blurry vision

If you have one or more of these symptoms see your health care professional right away.

How do you prevent development of pre-diabetes and diabetes? Maintain your blood glucose level in a healthy range through healthy lifestyle choices.

What are those healthy lifestyle choices? Always choose a variety of healthy foods at each meal or snack and as an adult make sure you achieve a minimum of 30 minutes of physical activity daily.

Planning for meals and physical activity eliminates a lot of the poor lifestyle choices that occur. Make time in your schedule to plan your chart for health.