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You can lower your risk of developing diabetes

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It's easy to get started today

There are ways you can cut your risks of developing diabetes.

Three ways, in fact:

- Maintain a healthy weight
- Get more exercise
- Quit smoking

What exactly is diabetes, anyway? And why should I be concerned?

The hormone insulin helps glucose — sugar — get into the cells of our bodies.

But when you have diabetes, your body either does not make enough insulin or cannot use its own insulin as well as it should. Sugar builds up in the blood.

Diabetes can cause serious conditions such as heart disease, blindness and kidney disease.

Here are more ways to lower your risks

- **Checkups.** Diabetes can affect anyone. That's one reason it's so important to see your doctor regularly. And, of course, follow any advice or treatment plans suggested.
- **Food choices.** You can lower your risks by eating more fresh fruits, vegetables and whole grains. You should also try to eat foods that are low in saturated fat, cholesterol and salt. And cut down on sugary snacks.

Be careful what you drink

Cutting back on fruit juices and sugary soda is a good idea. Choose water instead.

Or try a fresh orange in place of that glass of orange juice.

Limiting how much alcohol you drink can also lower your risk.

Watch for these warning signs

Tell your doctor about:

- Frequent urination
- Increased thirst
- Cuts that don't heal
- Blurry vision

Your doctor can also help by telling you whether your family's history puts you more at risk. And what you can do to stay as healthy as you can.

Learn more about diabetes.
Check the Aetna IntelliHealth®
website at www.intelihealth.com.

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