

1 IN 10 PEOPLE OVER 18 HAVE DIABETES

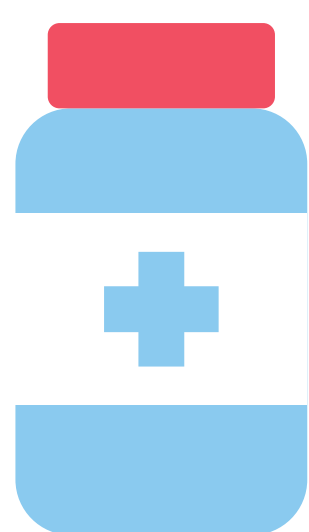
# WHY DIABETES MATTERS

Ignoring diabetes causes high blood sugar levels which affects every organ system. Excess sugar is bad because it:

- Weakens your immune system and prevents wounds from healing
- Damages your kidneys causing excess urination and thirst
- Causes muscle breakdown and wasting
- Leads to sorbitol buildup in your cornea causing blurred vision
- Injures nerves causing imbalance, tingling, sharp pain, or numbness
- Predisposes to cavities, mouth sores, and gum infections

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## YOU CAN LIVE A HEALTHY LIFE WITH DIABETES



Take any medication as prescribed or tell your practitioner if you are unable to afford it.



Weight loss if you are overweight can also help maintain healthy blood sugar levels.

Exercise helps blood sugar levels. A 30 minute walk most days can make a BIG difference.



Eating more plants and fiber helps keep your blood sugar in check.



### SOURCES

[HTTPS://WWW.MAYOCLINIC.ORG/DISEASES-CONDITIONS/DIABETES/IN-DEPTH/DIABETES-SYMPTOMS/ART-20044248](https://www.mayoclinic.org/diseases-conditions/diabetes/in-depth/diabetes-symptoms/art-20044248)

[HTTPS://WWW.MAYOCLINIC.ORG/DISEASES-CONDITIONS/TYPE-2-DIABETES/IN-DEPTH/DIABETES-PREVENTION/ART-20047639](https://www.mayoclinic.org/diseases-conditions/type-2-diabetes/in-depth/diabetes-prevention/art-20047639)

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