

## A healthy lifestyle will keep diabetes at bay

Medical practitioners distinguish two types of diabetes. Type 1 is observed when the body does not produce insulin at all. People with type 2 either suffer from insulin deficiency, or their cells disregard the insulin they have. Around 95% of people who have diabetes have type 2 diabetes. It is also known as "non-insulin dependent" diabetes. Left untreated, diabetes can cause blindness, nerve damage and vascular disorders that brings on foot or leg amputation, heart attack, stroke, kidney failure and death.

### BE WELL-AWARE OF YOUR RISK

You are at high risk of type 2 diabetes, if it runs in your family, or if you are in an ethnic minority group. If you gave birth to a child that weighed more than 9 pounds and/or if you had gestational diabetes while you were pregnant, you are also at risk of developing diabetes. Men and women over 45 are also at higher risk.

If you have one or more the risk factors stated above, your doctor may want to start regular diabetes examination. The earlier you find out you have diabetes, the more you and your general practitioner can do to assure you stay healthy.

### CHANGES ARE TO BE DONE

You cannot do anything to change your age, your ethnicity or your family history, but there are a few factors that you can take control of. Your diabetes risk also heightens, if you are corpulent, you do not take exercise regularly and/or you have an unhealthy diet.

If you are aware that you are at higher risk, making the right choices about what you eat and physical activity can help you stay healthy. In fact, studies have demonstrated that sticking to a nutritious diet and taking exercise can preclude or deter type 2 diabetes.

If you are fat, note that an excessive weight gain is the single most crucial risk factor for type 2 diabetes. Between 80% and 90% of people with diabetes are fat. Losing weight and getting it off can help keep diabetes at bay. Eat a variety of foods, including high-fiber foods, such as whole grains, vegetables and fruits. Also, eat less.

Remember that any amount of exercise is better than none. Ride an exercise bicycle while viewing the evening news or your favorite sitcom. Most of all, assure you take up an activity you like, so you will stick with it.

Thus, eating in the right way and doing exercise are the keys to achieving and maintaining a healthy weight.

## About the Author

The author of the article has got a degree in Pharmacology. Visit the author's official website to learn about all types of illnesses, their symptoms and treatment available.

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