

DIABETES

Diabetes Mellitus is a disorder in which the body does not produce enough or respond normally to insulin, causing blood sugar (glucose) levels to be abnormally high. Diabetes has many serious consequences.

Uncontrolled elevated blood glucose levels can suppress the immune system and allow invading viruses and bacteria to multiply. If diabetes is not treated or controlled, it can have devastating health effects on your body.



PLATINUM
HEALTH

THE FOLLOWING ARE COMMON COMPLICATIONS OR SIDE-EFFECTS OF DIABETES:

- Stroke
- Blindness
- Cataract
- Heart disease
- Kidney failure
- Blocked arteries of the limbs
- Amputations
- Erectile dysfunction

IT'S TIME TO CHANGE YOUR LIFESTYLE IF YOU HAVE ANY OF THESE RISK FACTORS:

- Unhealthy eating habits.
- Inactive lifestyle.
- Family history of diabetes.
- Increasing age.
- Are overweight.

MANAGING AND PREVENTING DIABETES

- Watch what you eat – balance meal portions, don't skip meals and avoid extreme diets. Also, drink more water!
- Stop smoking.
- Become active.
- Maintain a healthy diet.
- Manage stress levels.

If you are concerned about your health talk to a Platinum Health Healthcare Provider for guidance.