

LIFESTYLE CHANGES LOWER TYPE 2 DIABETES RISK

A recent published report supports the importance of small steps in lifestyle changes, states Debbie Lay RN from the Fayette County Health Department Diabetes Prevention and Control Program. The report is titled, **“A Decade Later, Lifestyle Changes or Metformin Still Lower Type 2 Diabetes Risk”** as seen in the Diabetes Prevention Program. According to this study, the rate of developing type 2 diabetes was reduced by 34% compared with placebo in people at high risk for the disease and the results are based on 10 years of data. Participants randomly assigned to make lifestyle changes also had more favorable cardiovascular risk factors, including lower blood pressure and triglyceride levels, despite taking fewer drugs to control the heart disease risk, according to the study. Treatment with the oral diabetes drug metformin also reduced the rate of developing diabetes by 18% after 10 years compared with placebo.

Take the first step today, talk to your doctor about your family history of type 2 diabetes and other factors that can raise your risk for the disease. It's about small steps. Lose a small amount of weight (10-14 pounds if you weigh 200 pounds) by walking briskly for 30 minutes five days a week and make healthy food choices. And it's about big rewards. Live a longer and healthier life- and avoid heart attacks, strokes, blindness, kidney failure, nerve damage, and amputation.

For free information about preventing type 2 diabetes, visit www.fayettehealthdept.org or call the health department at 283-1044.