



LARIMER
COUNTY

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HEALTH UPDATE

Tips to Manage and Prevent Diabetes

KNOW THE SIGNS OF DIABETES



One in five Americans has undiagnosed diabetes.

Review the tips below to learn the signs of prediabetes, prevent diabetes, or manage your condition.



WATCH FOR HEALTH INDICATORS OF DIABETES

Common signs of diabetes include frequent urination, blurred vision, numbness or tingling in your hands or feet, increased thirst and hunger, and unexplained weight loss. Talk with your doctor if you experience these symptoms. Your doctor can diagnose and identify a care plan to improve your health or potentially help you reverse prediabetes.



PREVENT AND REVERSE PREDIABETES

One in three Americans has prediabetes and nearly 90% don't know they have it. Prediabetes can increase your risk of developing type 2 diabetes, heart disease, and stroke. **Small steps such as regular exercise for 30 minutes a day and reducing your body weight by 5% can help prevent diabetes or reverse prediabetes.**



IMPROVE MENTAL HEALTH TO HELP MANAGE DIABETES

People with diabetes are three times more likely to have depression, experience diabetes distress, and have difficulty sticking to a care plan. Support your mental health by meeting with a licensed counselor who specializes in chronic health conditions. Or, visit an endocrinologist to gain a deeper understanding of your condition and support you through any challenges related to your care.