



# December is Diabetes Awareness Month

MedNet Diabetes Awareness Newsletter  
December Edition

## Take Control December is Diabetes Awareness Month

As we close the year, MedNet is proud to spotlight **Diabetes Awareness Month** this December. With diabetes affecting millions worldwide, this is a crucial time to focus on prevention, management, and understanding the impact of this condition.

Whether managing diabetes, at risk, or supporting a loved one, taking proactive steps today can lead to a healthier tomorrow.

## The Importance of Diabetes Awareness

Diabetes is a chronic condition that occurs when the body cannot effectively use or produce insulin. According to the International Diabetes Federation, over 1 in 10 adults globally are living with diabetes, and the number is rising.

By raising awareness, we aim to empower individuals to make informed decisions about their health and reduce the risks associated with diabetes.

## Most Important Things You Need to Know About Diabetes

1 Type 1	Type 2	Gestational Diabetes
<p>An autoimmune condition where the body does not produce insulin.</p> <p>It typically develops early in life.</p>	<p>The most common type, where the body does not use insulin effectively.</p> <p>It is often linked to lifestyle factors.</p>	<p>Occurs during pregnancy and can increase the risk of developing Type 2 diabetes later in life.</p>

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### Symptoms to Watch For

- Increased thirst and hunger
- Frequent urination
- Fatigue
- Blurred vision
- Slow-healing wounds

Recognizing symptoms early can lead to timely diagnosis and management.

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### Complications

Unmanaged diabetes can lead to serious complications such as heart disease, kidney damage, nerve damage, and vision problems. Regular check-ups and a healthy lifestyle are essential.

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### Risk Factors

- Family history of diabetes
- Being overweight or obese
- Sedentary lifestyle
- High blood pressure or cholesterol
- Age (risk increases after 45)

# How to Manage or Prevent Diabetes

## Adopt a Healthy Diet

Focus on whole foods that are high in fiber and low in processed sugars. Add fruits, vegetables, lean proteins, and whole grains to your meals.

## Stay Active

To improve insulin sensitivity, engage in at least 150 minutes of moderate exercise per week, such as brisk walking, swimming, or cycling.

## Monitor Your Health

Regularly check blood sugar levels, especially if you're at risk or managing diabetes. Schedule annual check-ups for a comprehensive health review.

## Manage Stress

Stress can impact blood sugar levels. Practice relaxation techniques like yoga, meditation, or deep breathing exercises.

## Quit Smoking

Smoking increases the risk of diabetes complications, including cardiovascular disease

# Diabetes-Friendly Foods to Include in Your Diet

## Leafy Greens

Spinach, kale, and broccoli are low in carbs and packed with nutrients.



## Whole Grains

Quinoa, oats, and brown rice help maintain steady blood sugar levels.



## Nuts and Seeds

Almonds, walnuts, and chia seeds provide healthy fats and help control blood sugar.



## Berries

Blueberries, raspberries, and strawberries are rich in antioxidants and have a low glycemic index.



## Fatty Fish

Salmon, mackerel, and sardines are excellent sources of Omega-3 fatty acids, which support heart health.



Let's make Diabetes Awareness  
Month a time for action,  
education, and positive change.

Together, we can create a  
healthier future for everyone!

**MedNet Team**

