

Welcome to L.I.F.E....

L.I.F.E. Newsletter

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Issue 6

Diabetes & You ...



What is **Prediabetes**?

Prediabetes is when blood sugar levels are almost as high as with diabetes. However, prediabetes does not mean you have diabetes. It may indicate an increased risk for developing diabetes in the future and your doctor may ask you to begin checking your blood sugar levels more regularly.

What is **Diabetes**?

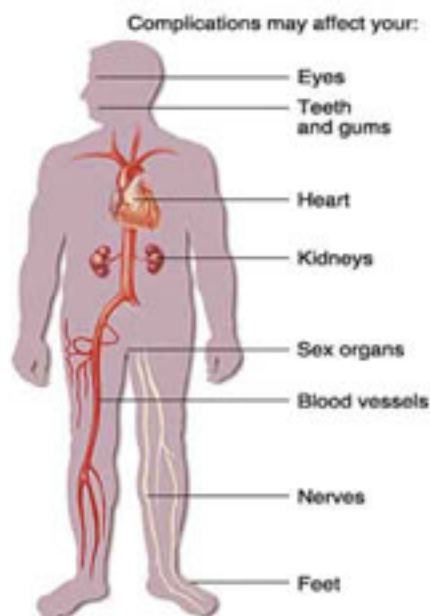
Diabetes develops when the body has a problem with a hormone called **insulin**. Insulin (a very important hormone made by the pancreas) helps move sugar from the blood stream into the cells of the body where it can be used as fuel. If you can't make enough insulin or if the body's cells do not respond properly to it, sugar builds up in the blood and damages the blood vessels (arteries, veins and capillaries) in the body. Damaged blood vessels can cause problems such as heart disease, stroke, kidney disease, eye damage and nerve-damage.

Did you know ...

The majority of people (approximately 80%) with diabetes will die from heart disease and stroke.

The Good News ...

Lifestyle changes can reduce your risk of becoming diabetic by **60%!!!** Making healthy lifestyle choices, such as controlling weight, eating a healthy diet and being physically active can help prevent (or delay the onset) of diabetes.



Pre-Diabetes Workshops ... A chance to change the future.

These free 2-part education sessions, conducted here at Western are intended for people with prediabetes. To register for the next session, call the Diabetic Education Centre: (519) 661-1600.

For more information on Diabetes:
www.diabetes.ca

email: hslife@uwo.ca

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