



## November is National Diabetes Awareness Month

In October, actor Tom Hanks announced that he had type 2 diabetes. Like most people prior to receiving this diagnosis, Hanks had prediabetes – a condition that precedes type 2 diabetes in which blood glucose levels are higher than normal. Also known as impaired glucose tolerance or impaired fasting glucose, prediabetes increases the risk of developing type 2 diabetes and cardiovascular disease. In fact, if you don't take action, you will likely develop type 2 diabetes in 10 years or less, according to Mayo Clinic.

Often, prediabetes has no signs or symptoms. Most people learn they have prediabetes when being tested for diabetes. If you fall within the prediabetes range, you should be tested every one to two years for type 2 diabetes.

To prevent type 2 diabetes, early treatment can return blood glucose levels to normal range, according to the American Diabetes Association. Research shows you can lower the risk for type 2 diabetes by 58 percent if you:

- Lose 7 percent of body weight – or 15 pounds if you weigh 200 pounds. Losing even 10 to 15 pounds can make a huge difference.
- Exercise moderately (such as brisk walking) 30 minutes a day, five days a week

*Information provided by Blue Cross Blue Shield of North Dakota*