

MEN'S DIABETES PREVENTION

Taking proactive steps can help men reduce the risk of developing type 2 diabetes & support overall health.

Key Facts

Healthy weight lowers diabetes risk

Regular exercise improves blood sugar control

Balanced diet with whole foods supports insulin sensitivity

Warning Signs

Increased thirst or frequent urination

Unexplained fatigue or weight changes

Slow-healing cuts or infections

Tingling or numbness in hands or feet

Prevention Tips

Stay active with regular exercise

Eat nutrient-rich, high-fiber foods

Monitor weight & blood sugar levels

Limit alcohol & avoid smoking