DIABETES

Avoiding or delaying the onset of type 2 diabetes means making lifestyle changes that should improve overall health and reverse rising risk factors. Key safety precautions that have been initiated

1. Maintain a Healthy Weight:

- Increased Amount of body fat, particularly in the abdominal area -> Leads to insulin resistance; an important gateway towards Type II Diabetes.

- Achieve a healthy BMI (18.5 to 24.9) or lose as little as 5-10% of your weight and you can greatly lower your risk!

2. Follow a Balanced Diet

- Eat whole foods (vegetables, fruits, whole grains, lean proteins and healthy fats – like olive oil/avocado/nuts).

- Avoid sugary foods/beverages, limit refined carbohydrates (white bread, white rice) that can cause blood sugar spikes.

- Add fiber to your diet with foods like beans, lentils, whole grains and veggies for a steadier release of sugar into the blood.

- Do not drink sugary soda, iced tea or lemonade.

3. Stay Physically Active:

- Strive for 150 minutes per week of moderate-intensity exercise (walking, biking or swimming).

- Do strength workouts (weight lifting or resistance bands) twice a week to increase insulin sensitivity.

4. Avoid Tanning Beds:

- Melanoma in Skin of Color Photo Find an Expert Melanoma Myths Tanning Beds -Few people realize how dangerous tanning beds really are. Choose self-tanning lotions or sprays to create the look of a tan.

5. Regular Skin Checks:

- Check your skin each month for new growths, moles and changes in existing moles (especially if they have the ABCDE characteristics: Asymmetry of shape, irregular Border color are not uniform throughout, larger than ¼ inch Diameters Color pigmented spot is jet black or smudgy blue-black blotchy Epidermis when top layer sometimes ulcerated to bleeding sore)

- Get an annual skin examination from a dermatologist, particularly if there is a family history of skin cancer or many moles.

6. Vitamin D Alternatives:

- Since sun exposure promotes the production of Vitamin D, it is wise to take Vitamin D supplements if you are avoiding the sun completely but speak with your healthcare provider about an appropriate dosage.

7. Know Your Risk Factors:

- Know your risk: The risks are higher if you have fair skin, a family history of skin cancer in the immediate family or ethnicity from areas close to sunlight such as Australia/New Zealand, multiple moles with atypical characteristics and previous high level sunburns.



In short, prevention is key in decreasing your chances of receiving skin cancer but early detection and good follow up care are absolutely necessary.