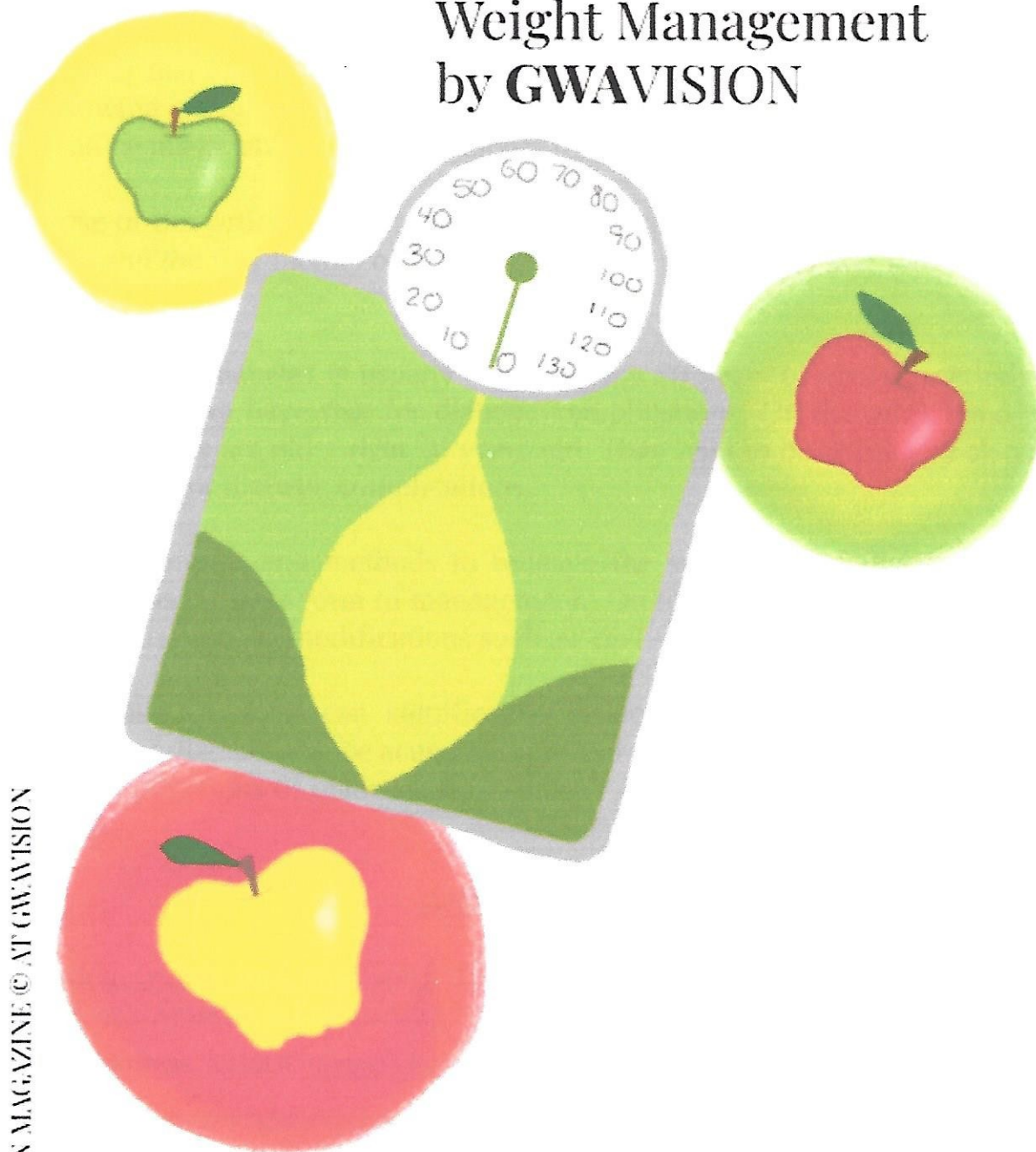


Diabetes

Weight Management
by **GWAVISION**



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DIABETES AND WEIGHT MANAGEMENT

What is diabetes?

Diabetes is a chronic disease
Resulting in unwanted elevated
Level of blood sugar. This process
Can affect your body to turn food
That you eat into energy.

In general, **routine medical exams** is not
Recommended for diabetes. However, it
Might be helpful to be screened for risk
Factors that can lead to diabetes.

Some predisposing factors associated with diabetes are:

- obesity (overweight)
- Age 45 and older
- Family history of diabetes
- Gestational diabetes acquired during pregnancy
- Specific ethnic group

When is a diagnosis of diabetes is considered

- A diagnosis of diabetes should be made when
- A patient random blood glucose test is more
Than 200mg/dl
- A patient blood sugar is more than 126mg/dl
When it's measured after an all-night fasting
Or after an 8 hour glucose test.

The purpose of this article, is

To raise awareness of the signs,
Symptoms and complications of
Diabetes, as well as the risk factors
Of the most common types which is
Type 1 and Type 2 diabetes

Patients with Type 1 diabetes are usually Younger than 30 years old. They tend to have A slim body habitus and they are prone to Develop risk of diabetes complications

Patients with Type 2 diabetes are usually Older than 30 years old. They tend to be Obese and also exhibit some serious risk For diabetes complications.

Some common methods used to manage type1 diabetes include:

- Medication such as insulin is necessary
- Watch carefully for any potential complications
- knowledge and understanding of the disease
- Educational tools about prevention and treatment for insulin
- Work with a Holistic Health Coach

Some important methods to manage Type 2 diabetes:

- Lifestyle modifications
- Weight management
- Medications approach when necessary
- Diet and exercise
- Work with a Holistic Health Coach

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