



# Take Control of Pre-Diabetes

LiveLifeWell

**Pre-diabetes is serious business. Unfortunately, many who are diagnosed ignore the condition and continue down the path toward diabetes. But you can take control. Check out the things you can do, and the Abbott resources that can help!**

## Take Control Today!

A number of factors can lead to type 2 diabetes. While things like family history, race and ethnicity cannot be controlled, here are some risks you can control:

- **Your belly fat:** The waist measurement around your belly button should not be more than 35 inches for women, 40 inches for men.
- **Your physical activity:** Exercising for 30 minutes per day can lower your risk by as much as 58%. So, start slowly – get up and take a walk during lunch every day.
- **Your blood pressure:** You can get your blood pressure checked just about anywhere – even the grocery store. Take a few minutes to make sure your reading is normal: below 120/80 mm HG.
- **Your tobacco intake:** Smoking is not healthy for several reasons. Check out the many resources Abbott provides to help you quit and stay quit at [iLiveLifeWell.com](http://iLiveLifeWell.com).
- **Your warning signs:** Don't ignore the following symptoms:
  - Constant feeling of thirst
  - Blurred vision
  - Frequent need to urinate
  - Extreme fatigue
  - Infection that won't heal
  - Tingling of your toes (loss of circulation)
- **Your diet:** A few simple tips can help you start making changes:
  - Avoid "white" foods – bread, pasta, sugar, flour, rice. Replace them with foods containing whole grains.
  - Cut out soda and other sugar-filled drinks. Replace them with water, milk or other unsweetened drinks.
  - Choose baked, grilled or steamed foods over fried ones.

**Good News**

- People with pre-diabetes can prevent the development of type 2 diabetes!
- Just 30 minutes a day of moderate physical activity, and a 5-10% reduction in body weight, can reduce risk by 58%. ([www.diabetes.org](http://www.diabetes.org))

## Abbott Resources Can Help!

Abbott offers many free resources to help you take control. Go to [iLiveLifeWell.com](http://iLiveLifeWell.com) for information on seminars, cooking demos, fun exercise challenges, health coaches and more.

### NEW! Your Very Own Dietitian!

Ever feel overwhelmed when someone tells you to "eat healthy"? Wish someone could tell you what that **really** means? Now you can call **Christy Burkard** – a LiveLifeWell Registered Dietitian – when YOU need meal-planning advice, answers to specific food questions and more. Talking with Christy is **free, confidential and one-on-one**. Call **847-937-5001** to make an appointment today!