

If you have high blood pressure, take these steps:

Be careful while making **food choices**, learn what is good for you.

Try to reduce your **sodium and alcohol** intake.

Try to maintain a **reasonable body weight**. Losing **10 to 15 pounds** also makes a big difference.

Daily **physical activity** is very important.

Also you will need to ask your doctor whether you need **medicine to control your blood pressure**.



If you have high cholesterol or triglyceride levels, follow these steps:

Be wise while making **food choices** most of the time.

Start moving, get **physically active every day**.

Ask your doctor whether you need any **medication help to control your cholesterol levels**.

Making a **small change daily** will definitely help you **reduce your risk for type 2 diabetes**.

Why choose Lifespan?

- > **An individualized diabetes management plan** based on your unique lifestyle, dietary habits, nature of work, family history, personal medical history and current fitness.
- > **Unified solution** with expertise, diagnostics and guidance under one convenient roof. Easy-to-access electronic medical records.
- > **Comprehensive health assessment** with Lifespan's unique **R.I.S.C.™ test** that measures 30 vital health indicators in just 7 mins.
- > **A support system** working in multiple modes to advise and arrange various means of support to diabetics.
- > **Uniformity of standards** followed across clinics that are designed to maximise convenience, therapy effectiveness and continuity of client support.
- > **Standardized quality** across its chain of Lifespan Clinics.

The R.I.S.C.™ test is exclusive to Lifespan's chain of clinics.

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Lifespan – Diabetes Management



For more information call 1800-2670-127 (please call back in 5 minutes if busy) or visit www.lifespanindia.com

Results will vary on individuals and compliance

Lifespan Support :



References:
<http://www.who.int/mediacentre/factsheets/fs311/en/>
<http://www.nhs.uk/Livewell/Diabetes/Pages/avoiddiabetes.aspx>
<http://diabetes.niddk.nih.gov/dm/pubs/riskfortype2/>

This document is for informational purposes and is not intended to be a substitute for the advice of a doctor or healthcare professional or a recommendation for any particular treatment plan. Like any printed material, it may become out of date over time. It is important that you rely on the advice of a doctor or a healthcare professional for your specific condition.

If you are at Risk of Diabetes



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DIABETES & METABOLIC CLINIC
Extend the Health of your Life



What is diabetes risk?

Type 2 diabetes is progressive in nature. By the time someone is diagnosed, many changes may have already occurred in the body, **including the heart, blood vessels, nerves, eyes, and kidneys.** These silent changes can continue over the years, without actually turning into symptoms.

Type 2 diabetes is the most common type of diabetes all over the world; it affects at least 90 percent of those who have diabetes. It occurs when the blood glucose (sugar) level is too high.

Who is at risk?

Overweight and obesity - are defined as **abnormal (or excessive) fat accumulation** in the body that may impair health.

Body mass index is an index of weight-for-height that is commonly used to define obesity and overweight. It is calculated by dividing a person's weight in kilograms by the square of his height in meters.

The WHO definition is:



- A BMI greater than or equal to **25 is overweight**
 - A BMI greater than or equal to **30 is obesity**
- Lack of exercise** - Being inactive often leads to obesity, which can lead to pre-diabetes and then eventually type 2 diabetes.

Family history - If a close member of the family has diabetes, it increases the risk of developing diabetes.

Age - Insulin resistance tends to increase with age. Also, the pancreas works less efficiently as age progresses. Hence the tendency to develop diabetes increases with age.

High blood pressure and high cholesterol - puts you at an increased risk for a number of diseases and are two major symptoms for pre-diabetes.

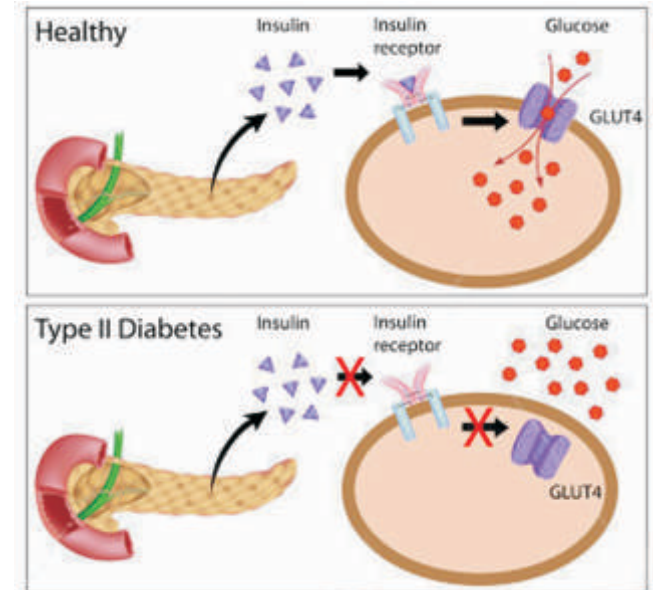
Gestational diabetes - Having increased blood sugar levels during pregnancy puts you at an increased risk for developing diabetes in the future.

Smoking - Smoking has also been shown to deteriorate glucose metabolism which may lead to the onset of type 2 diabetes.

What is Insulin resistance?

Insulin is a hormone produced in the pancreas, and blood glucose is the source of energy for body cells. **The role of insulin in the body is to help in the uptake of glucose by body cells. Insulin resistance is a condition in which the insulin produced in the body is not utilized efficiently.** Hence the uptake of glucose by the body cells is hampered. This leads to increased levels of glucose in the blood.

Carbohydrates in our food are broken down into glucose by our body cells. Hence, glucose levels in blood increase after meals. In response, pancreas produces



more insulin to keep up with this increased demand. In people with insulin resistance, the body cells fail to respond to insulin. As blood glucose levels remain high, the beta cells in pancreas produce more and more insulin. **These overworked beta cells eventually fail to keep up with the constant need for insulin, leading to diabetes.**

How can you reduce your risk for type 2 diabetes?

Making big changes to your **lifestyle is hard** in the beginning. You can make it simple by trying these steps.

If you are overweight, try this:

Try to maintain a **reasonable body weight**. Losing **10 to 15 pounds** also makes a big difference.

Be careful while making **food choices**, learn what is good for you.

Every day **physical activity** is important.