

- Diseases— Diabetes / Medical Awareness

THREE WAYS TO BEAT DIABETES

This sweet November, we amp up awareness of diabetes

Coincidentally (or not), sweet November, aptly coined as World Diabetes Day, is held every 14th of this month.

This year's campaign focuses on "The Family and Diabetes." Diabetes is not just an individual's concern. The entire family is involved, not only socio-economically, but also genetically. Studies have shown that when a spouse has diabetes, the wife or husband may also develop diabetes even if not genetically predisposed. This may be due to adapting a lifestyle in the household that increases the risk to developing insulin resistance and later on diabetes.

The International Diabetes Federation states that over 425 million people are currently living with diabetes. Unfortunately, one in two people currently living with diabetes is left undiagnosed. Diabetes can burden the family in terms of expenses because medications are not cheap. Moreover, less than one in four family members has access to educational programs on diabetes.

Beating diabetes as a family would be more effective because family members can support and look after each other's wellbeing. Here are three ways to beat diabetes as a family.



1. Set goals as a family

The head of the family must take the lead in educating and motivating family members to begin taking responsibility for the health, as well as supporting the family member already afflicted with diabetes. Goals must be kept simple, practical, and measurable. They must also be written down and placed in a common area that will serve as a visual reminder to all. Family members must regularly discuss their progress but should never put someone down if one is lagging behind others in achieving the goal. Family is there to support and help each other up. Don't turn into a food police.

2. Have a consistent diet

Avoid tempting family members by buying unhealthy choices. Eat healthy as a family on most days and schedule and agree on days when you will have a treat meal. Perhaps the family can eat out once a week and even share calories over dessert instead of having one slice of cake or one bowl of ice cream per family member.

3. Be physically active

Encourage all members of the family to be mindful about their movements. Schedule activities that are fun and will get everyone to burn calories. Instead of just the usual movie night

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over popcorn, why don't you all do video exercises over the weekend or go swimming? Instead of going to the mall to sit and eat, why don't you make it a goal to walk from end to end several times? Be careful of sniffing food aromas that may lead the entire family to eat unnecessarily. Be creative. Get everyone moving.

Diabetes is a serious matter. Left untreated, it will lead to a lot of complications that damages the eyes, nerves, heart, kidneys, and even compromise sexual functions. If your family is at risk of diabetes, have a physician monitor everyone regularly, be mindful of your physical activities, and have a diet that is high in fiber, have lean protein sources, and lots of vegetables, and some good fats.