

Tips to reduce your risk of developing diabetes

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THERE were 3.9 million Filipino adults with diabetes in 2020, according to the latest data from the International Diabetes Federation, an umbrella organization of over 240 national diabetes associations in 168 countries and territories. Diabetes was also among the leading causes of death in the country, according to the Department of Health.

Diabetes was a chronic health condition that occurred either when the pancreas didn't produce enough insulin or when the body couldn't effectively use the insulin it produced. Insulin was a hormone that regulated blood sugar.

Diabetes had three main types: gestational or diabetes during pregnancy, Type 1 or juvenile diabetes, and Type 2 diabetes, also known as adult onset diabetes. Among the three types, Type 2 diabetes could become potentially dangerous over time, causing damage to the heart, blood vessels, eyes, kidneys and nerves.

To help prevent Type 2 diabetes and its complications, Axa Philippines, one of the country's leading insurance CONTRIBUTED PHOTO companies, offered these doable lifestyle tips:

Maintain a healthy weight. According to the World Health Organization, if you already have a healthy body weight, try to maintain it because being overweight only increases your chances of developing diabetes. If you're overweight, you can prevent or delay diabetes by losing 5 to 7 percent of your starting weight. This can be easily done with at least 30 minutes of moderate to intense physical activity every day.

Improve your diet. To prevent diabetes, it's also recommended to eat healthy food.