

Reducing **Diabetes** Risk

Expert tips and strategies for a healthy lifestyle

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DURING medical checkups, it is common for doctors to ask about our family health history or a record of the diseases and health conditions that run in the family. Often, one of the diseases that tops the list is diabetes.



According to studies, Filipinos are one of the ethnic groups that are at high risk of developing diabetes. Our genetic background, along with our Southeast Asian, Chinese, and Indian neighbors, makes us more prone to diabetes than other groups. It has been found that we are resistant to our own insulin.

The World Health Organization (WHO) defines diabetes as a chronic disease that occurs either when the pancreas does not produce enough insulin or when the body cannot effectively use the insulin it produces. Insulin is a hormone that regulates blood glucose. A common effect of uncontrolled diabetes is hyperglycemia or raised blood glucose or raised blood sugar. Over time, it can lead to serious damage to many of the body's systems, especially the nerves and blood vessels.

There are three types of diabetes: type 1, where cells in the pancreas that make insulin are destroyed, and the body is unable to make insulin; type 2, often a progressive condition in which the body becomes resistant to the normal effects of insulin or gradually loses the capacity to produce enough

insulin in the pancreas (Some people may be able to significantly slow the progression of the condition through changes to diet and increasing the amount of physical activity), and gestational diabetes, a type of diabetes diagnosed for the first time during pregnancy (gestation), which causes high blood sugar that can affect pregnancy and the baby's health.

Some of the early signs and symptoms of type 1 and type 2 diabetes include fatigue, increased thirst and frequent urination, extreme hunger, unexplained weight loss, irritability, slow-healing sores, blurred vision, and high blood sugar.

Family history, weight, unhealthy diet or poor nutrition, sedentary lifestyle, and ethnic background (as mentioned, although unclear, Asians are at higher risk) are some of the factors that can increase one's risk of diabetes.

Medical experts have also pointed out high temperatures and humidity as factors that cause dehydration and affect insulin sensitivity, which can lead to high blood sugar levels and increase the risk of developing type 2 diabetes. There have been studies suggesting a link between COVID-19 and the development of diabetes. According to research published in the Journal of Diabetes Science and Technology, COVID-19 can cause acute insulin resistance, which can lead to high blood sugar levels and an increased risk of developing diabetes.

Diabetes can have a significant impact on one's overall health and lifestyle. It is important to be aware of information from experts on ways to help prevent or manage diabetic conditions. It will also be helpful to share validated information that greatly reduces the risk of diabetes, even when exposed to conditions like extreme heat and COVID-19. Here are four wellness tips:

1. **Start Well.** Check your overall health if you are prone to or already experiencing symptoms of diabetes. Start by knowing if you are at risk. One way is by taking the DiabeTest.
2. **Move Well.** Exercise and fitness help improve overall health. For diabetics, this can significantly lower blood glucose levels, boost the body's sensitivity to insulin, and counter insulin resistance.
3. **Eat Well.** Boost your immune system with much-needed nutrition, which is key to preventing diabetes and resisting COVID-19. Follow a healthy diet to greatly reduce the risk.
4. **Think Well.** Be mindful and maintain healthy habits. Look for ways to supplement your lifestyle with safe and trusted nutrition interventions that will help you #TreatYourselfWell. Nutritional supplements like Diabetasol deliver benefits that will not only help you keep your blood sugar levels stable but also help reinforce your immune system. This nutrition powder is ideal for diabetics and a great choice for those who want to prevent diabetes risks. It is complete with calcium, fiber, 11 vitamins, and 6 minerals. It comes in three flavors: vanilla, chocolate, and cappuccino. For more information on how you can #TreatYourselfWell, follow Diabetasol Nutrition Philippines on Facebook at <https://web.facebook.com/DiabetasolNutritionPhils>.

While we have no control over the family history of illnesses, we can always make certain healthy choices to greatly lessen the risk of having diabetes. You can reach me at joba.botana@gmail.com.