

A weekly resource
for your well-being

PARTNERS
FOR HEALTH

WORKING FOR A
HEALTHIER TN

A TIP FOR TENNESSEANS

November 8, 2016

Know your diabetes facts.

Nearly 30 million Americans have diabetes. And almost 30 percent of them don't know it yet. That may be because **diabetes** can have very mild or no symptoms at first. And because the condition can lead to other serious health problems, why not take time out to know where your **blood sugar number** stands?

November 14, 2016 is **World Diabetes Day**—a perfect time to schedule an overdue check up and to learn more about:

Type 1 Diabetes	Type 2 Diabetes
Body completely stops making insulin, a hormone that helps convert food to energy.	Body is unable to use insulin like it should. Sugar (glucose) in the bloodstream can get too high when the body doesn't react to insulin the right way.
Happens suddenly.	Happens over time.
Experts still unsure of what causes it.	Can be caused by genetics and poor lifestyle habits.
Can happen to anyone at any age.	Happens mostly to adults; however, children can get it too.
No way to prevent or cure it.	Most cases can be prevented with healthier lifestyle habits: healthy diet, exercise, not smoking, and staying at a healthy weight.
Requires a person to take insulin either by shots or a pump.	There are 50+ lifestyle changes that may help prevent or control it . Sometimes, medication may also be needed.



READY FOR
SOME FREE
HEALTH
SUPPORT?

Watch this short video to learn about health coaching and the many ways it can help you reach a goal.



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