



DECODING DIABETES

WHAT'S YOUR RISK?

Most people who have prediabetes—and many others who have diabetes—don't know it. The only way to find out is to get your blood sugar tested

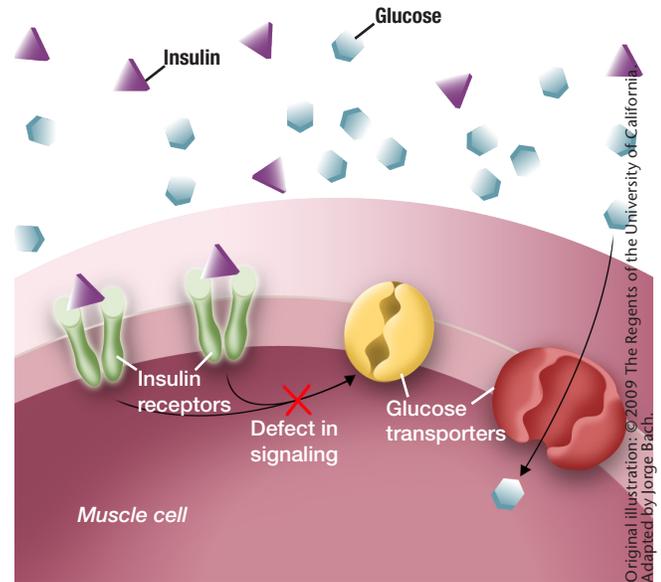
(at least every three years starting at age 45). Your risk is higher if you:

- are age 45 or older
- are overweight (see table)
- are African-American, Hispanic/Latino-American, Asian-American, Pacific Islander, or American Indian
- have a parent, brother, or sister with diabetes
- have high blood pressure (above 140 over 90)
- have low HDL ("good") cholesterol (less than 40 for men; less than 50 for women)
- have high triglycerides (250 or more)
- had diabetes when pregnant or gave birth to a large baby (over 9 pounds)
- are active fewer than three times a week

Overweight starts at:			
Height (no shoes)	Weight (lbs.) (no clothes)	Height (no shoes)	Weight (lbs.) (no clothes)
4'10"	119	5'8"	164
4'11"	124	5'9"	169
5'0"	128	5'10"	174
5'1"	132	5'11"	179
5'2"	136	6'0"	184
5'3"	141	6'1"	189
5'4"	145	6'2"	194
5'5"	150	6'3"	200
5'6"	155	6'4"	205
5'7"	159		

Source: Adapted from diabetes.niddk.nih.gov/dm/pubs/riskfortype2/.

INSULIN RESISTANCE



When insulin docks in the receptors on cell membranes, that should signal glucose transporters to let glucose (blood sugar) into the cell. But if you are insulin resistant, some glucose transporters never get the message. (Others don't need insulin to let glucose in.) That leaves excess glucose in the blood, so the pancreas has to pump out more insulin. If it can't keep up, blood sugar rises and you have diabetes.

THE BOTTOM LINE

- The best way to dodge diabetes is to lose (or not gain) extra pounds.
- Limit sweets, especially sugar-sweetened drinks. Even the naturally occurring sugars in 100% fruit juice may raise your risk.
- Eat leafy greens, whole grains, beans, and nuts to boost your magnesium.
- Get the RDA for vitamin D (600 IU a day up to age 70 and 800 IU over 70) from supplements or foods fortified with vitamin D.
- Do *at least* 30 minutes of brisk walking or other aerobic exercise every day.
- Shoot for 2 or 3 strength training sessions a week. Each should include 8 to 12 repetitions of 8 to 10 exercises.

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