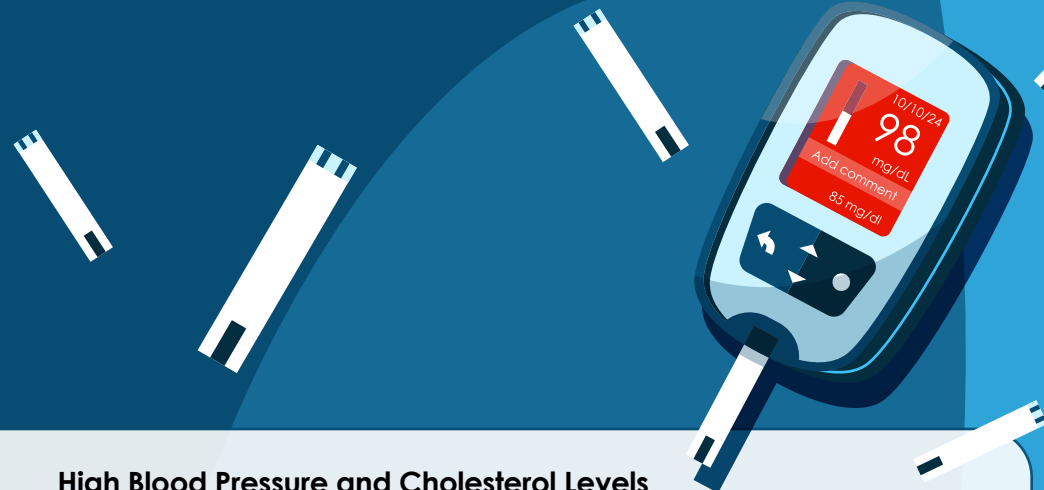




NOVEMBER DIABETES

RISK FACTORS



Diabetes Risk Factors

November is National Diabetes Awareness Month, a time to focus on understanding the factors that contribute to this prevalent health condition. Diabetes affects millions of people worldwide, and it's crucial to be aware of the risk factors that can increase the likelihood of developing this disease.

Risk Factors To Be Mindful Of

Family History

A family history of diabetes can significantly increase your risk. If you have a close family member with diabetes, it's essential to stay vigilant about your own health.

Unhealthy Eating Habits

A diet high in processed foods, sugary beverages, and unhealthy fats can contribute to the development of type 2 diabetes. Monitoring your diet and making healthy food choices can significantly lower your risk.

Lack of Physical Activity

Leading a sedentary lifestyle can increase the risk of developing diabetes. Incorporating regular exercise into your routine can help manage weight and reduce the risk of diabetes.

Excess Weight or Obesity

Being overweight or obese can strain the body's ability to utilize insulin effectively, leading to an increased risk of diabetes. Maintaining a healthy weight is key to reducing this risk.

High Blood Pressure and Cholesterol Levels

Elevated blood pressure and cholesterol levels can contribute to the development of diabetes. Regular check-ups and a healthy lifestyle can help manage these factors.

By understanding these risk factors and making positive changes to your lifestyle, you can take proactive steps towards preventing or managing diabetes. Remember, small changes can make a big difference in your overall health and well-being.



HEALTHWISE MEDICAL CLINIC

HANFORD

740 N. Irwin St.
Hanford, CA 93230
559.272.9551

www.healthwise.clinic

VISALIA

4004 S. Demaree St. #A
Visalia, CA 93277
559.272.9549

www.healthwise.clinic

PORTERVILLE

99 W Putnam Ave
Porterville, 93257 CA
559.272.9544

www.healthwise.clinic