

All About Diabetes

Almost 10% of Americans have diabetes.

Explore the facts below from NorthShore University HealthSystem, on this prevalent, but often preventable disease.



Know Your Type

Type 2 diabetes is the most common type among Americans. It also may be preventable.

Type 2 diabetes occurs when your body doesn't use insulin properly. Type 1 diabetes occurs when your body doesn't produce insulin.

Take action today!

Know your family medical history



Eat healthy



Exercise often



Diabetes on the Rise

With diabetes, early diagnosis is important. Diabetes can be confirmed by a simple blood test at the doctor's office.

If trends continue, it's estimated that 1/3 of American adults will have diabetes by 2050.



Listen to your body.
Type 2 diabetes symptoms include:

Extreme thirst



Frequent urination



Blurred vision



Nip it in the Bud

Most American adults who have prediabetes don't even know it.

Prediabetes means your blood sugar is high, but not high enough to be considered diabetes. If untreated, prediabetes can develop into type 2 diabetes.

Prevent the onset.

Eat a balanced diet



Exercise 150 mins/week



Lose weight



Get Your Sweat On

If you already have type 2 diabetes, regular exercise is a great way to help manage it.

30 minutes of moderate-to-intense exercise five days per week can help lower glucose levels.



Exercise 30 minutes.

Brisk morning walk



After dinner bike ride

