

IS DIABETES REVERSIBLE?



Type 2 diabetes is almost always preventable and even reversible through diet and lifestyle changes. Like other leading killers—especially heart disease and high blood pressure—type 2 diabetes is an unfortunate consequence of dietary choices. However, there is hope if you have diabetes.

Through lifestyle changes, you may be able to achieve a complete remission of type 2 diabetes, even if you have been suffering for decades.

lifestyle medicine center



MIDLAND HEALTH

www.midlandlifestylemedicine.org

FACTS TO KNOW

- Approximately 84 million American adults—more than 1 out of 3—have prediabetes. Of those adults, 90% don't know they have it.
- Prediabetes puts you at increased risk of developing type 2 diabetes, heart disease, and stroke.
- Rates of type 2 diabetes increased by 22% among U.S. adults from 1999 to 2008.
- As many as 1 in 3 U.S. adults could have diabetes by 2050 if current trends persist, according to a new analysis from the Centers for Disease Control and Prevention.
- Current trends suggest that 1 in 3 children born after 2000 will receive a type 2 diabetes diagnosis (for Hispanic children, that increases to 1 in 2).
- Each American consumes an average of 185 pounds of added sugar and sweeteners each year.
- Soft drinks are responsible for most of the added sugar in the American diet. One can of soda contains about 11 teaspoons of sugar.



**For more information, or to
schedule an appointment,
call 432.221.LIFE (5433).**