

WHITE PLAINS HOSPITAL

# Take Charge of Your Health

## November Is Diabetes Awareness Month

*Learn How to Manage Your Blood Sugar*

- **Take More Steps Each Day**

Exercise can reduce type 2 diabetes risk and improve health if you already have diabetes. Park further away, take the stairs, or march in place during TV commercials.

- **Ask Your Doctor about Screening**

Get tested for type 2 diabetes every three years starting at age 45 — earlier if you're overweight or have high blood pressure.

- **Learn about the “Glycemic Index”**

Foods with a low glycemic index are less likely to raise blood sugar. Talk to a dietitian to learn how to add them to your daily diet.

- **Choose Diabetes “Superfoods”**

Beans, dark leafy greens, citrus fruits, sweet potatoes, berries, tomatoes, fatty fish, whole grains, nuts, and fat-free dairy products are nutritious foods with a low glycemic index.



did you  
know ?

Reducing your risk of type 2 diabetes can also lower your risk of some cancers that share the same risk factors, such as liver, pancreas, uterine, colon, breast, and bladder cancers.