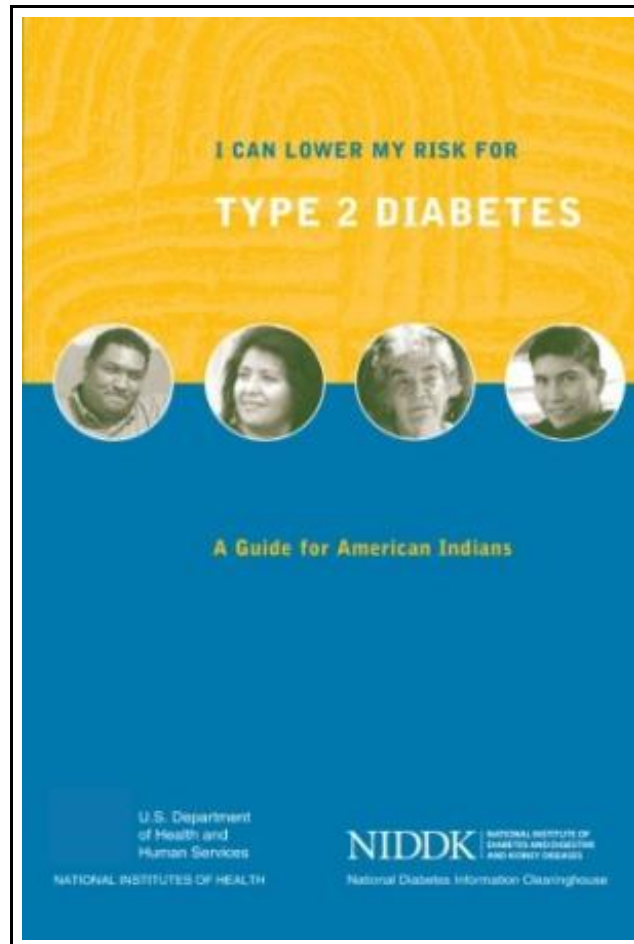


## I Can Lower My Risk for Type 2 Diabetes: A Guide for American Indians



Filesize: 3.81 MB

### ***Reviews***

*I just started off reading this article ebook. It is actually written in basic words and not confusing. I am just very happy to let you know that this is the best ebook I actually have read through inside my individual daily life and can be the finest ebook for possibly.*  
***(Dayne Johns)***

## I CAN LOWER MY RISK FOR TYPE 2 DIABETES: A GUIDE FOR AMERICAN INDIANS



To download **I Can Lower My Risk for Type 2 Diabetes: A Guide for American Indians** eBook, please follow the hyperlink under and save the ebook or get access to other information which might be relevant to **I CAN LOWER MY RISK FOR TYPE 2 DIABETES: A GUIDE FOR AMERICAN INDIANS** book.

Createspace. Paperback. Book Condition: New. This item is printed on demand. Paperback. 26 pages. Dimensions: 9.0in. x 6.0in. x 0.1in. The National Institutes of Health Publication 11-5337, **I Can Lower My Risk for Type 2 Diabetes: A Guide for American Indians**, provides information on diabetes how to prevent it, how to learn how to take care of yourself if you have diabetes, and how to prevent some of the serious problems that can diabetes can cause. Type 2 diabetes is the most common type in American Indians. This type of diabetes can occur at any age, even during childhood. People develop type 2 diabetes because the cells in the muscles, liver, and fat do not use insulin properly. Eventually, the body cannot make enough insulin. As a result, the amount of glucose in the blood increases while the cells are starved of energy. Over time, high blood glucose damages nerves and blood vessels, leading to problems such as heart disease, stroke, blindness, kidney failure, and amputation. Although people with diabetes can prevent or delay complications by keeping blood glucose (also called blood sugar) levels close to normal, preventing or delaying the development of type 2 diabetes in the first place is even better. The results of a major federally funded study, the Diabetes Prevention Program (DPP), prove that we can prevent or delay the disease. This study of 3, 234 people at high risk for diabetes showed that moderate diet and exercise, resulting in a 5- to 7-percent weight loss, can delay and possibly prevent type 2 diabetes. More than 170 American Indians participated in the DPP. The DPP tested three approaches to preventing diabetes: making lifestyle changes, taking a diabetes pill, or following the standard diabetes education approach. People in the lifestyle change group exercised about 30 minutes a day,...



**Read I Can Lower My Risk for Type 2 Diabetes: A Guide for American Indians Online**



**Download PDF I Can Lower My Risk for Type 2 Diabetes: A Guide for American Indians**

## Relevant Books



### [PDF] Animalogy: Animal Analogies

Click the link beneath to read "Animalogy: Animal Analogies" document.

[Download PDF »](#)



### [PDF] The Whale Tells His Side of the Story Hey God, Ive Got Some Guy Named Jonah in My Stomach and I Think Im Gonna Throw Up

Click the link beneath to read "The Whale Tells His Side of the Story Hey God, Ive Got Some Guy Named Jonah in My Stomach and I Think Im Gonna Throw Up" document.

[Download PDF »](#)



### [PDF] God Loves You. Chester Blue

Click the link beneath to read "God Loves You. Chester Blue" document.

[Download PDF »](#)



### [PDF] DK Readers Robin Hood Level 4 Proficient Readers

Click the link beneath to read "DK Readers Robin Hood Level 4 Proficient Readers" document.

[Download PDF »](#)



### [PDF] Good Night, Zombie Scary Tales

Click the link beneath to read "Good Night, Zombie Scary Tales" document.

[Download PDF »](#)



### [PDF] The Mystery at Motown Carole Marsh Mysteries

Click the link beneath to read "The Mystery at Motown Carole Marsh Mysteries" document.

[Download PDF »](#)