

[Journey to Wellness — A free self-guided healthy living program](#)

Reduce your diabetes risk



Mayo Clinic defines diabetes mellitus as a **disease affecting how your body uses blood sugar (glucose)**. Having diabetes, whether it's Type 1 or 2, gestational or prediabetes, means you have **too much glucose in your blood**.

Types of diabetes

Type 1 diabetes

This insulin-dependent diabetes is an auto-immune disease for which no known prevention exists. Managing treatment, diet and lifestyle can help prevent complications.

Type 2 diabetes

This is the most common form of diabetes. Lifestyle choices can be the key to help prevent or delay the onset of the disease.

Gestational diabetes

This is when diabetes is first diagnosed during pregnancy. It causes high blood sugar that can affect your pregnancy and your baby's health.

Prediabetes

This means you have a higher-than-normal blood sugar level, but they're not high enough to be considered Type 2 diabetes yet. Without lifestyle changes, adults and children with prediabetes are at increased risk of developing Type 2 diabetes.

Warning signs

Common signs of Type 1 and Type 2 diabetes include:

- Extreme hunger
- Fatigue
- Frequent infections
- Frequent urination
- Increased thirst
- Irritability
- Slow-healing sores
- Unexplained weight loss

Information adapted from: "Diabetes care: 10 ways to avoid complications," "Diabetes: Definition, prevention and warning signs," "Diabetes management: How lifestyle, daily routine affect blood sugar," "Diabetes prevention: 5 tips for taking control," "Gestational diabetes," "Mayo Clinic Minute: 3 tips for controlling sugar in your diet," "Prediabetes" and "Type 1 diabetes — symptoms and causes."

mayoclinichealthsystem.org

©2023 Mayo Foundation for Medical Education and Research. All rights reserved. MAYO, MAYO CLINIC and the triple-shield Mayo logo are trademarks and service marks of MFMER.

Lifestyle changes

Take these steps to help prevent diabetes:

Lose extra weight

The American Diabetes Association recommends that people with prediabetes lose at least 7% to 10% of their body weight to prevent disease progression.

Be more physically active

Physical activity aids in weight loss, lowers blood sugar and boosts insulin sensitivity.

Eat healthily

Eat a diet rich in vegetables, fruits, whole grains, fiber and lean protein sources. Choose water over sweetened beverages. Cut down on or eliminate added sugars and processed foods.

Limit your alcohol consumption

Alcohol can impact your blood sugar, depending on how much you drink and whether you eat while drinking. It also can aggravate diabetes complications.

If you smoke, quit

Smoking increases your risk of Type 2 diabetes and the risk of various diabetes complications, including reduced blood flow in the legs and feet and worsened blood sugar control.

If you have questions or concerns about diabetes, talk with your healthcare team.

mayoclinichealthsystem.org/journey

