

November is Diabetes Awareness Month

Here are ways to
reduce your risks:



- Take a simple risk test, if you think you're at risk for diabetes or pre-diabetes
- Manage stress in healthy ways
- Build and nurture healthy relationships
- Eat healthily and in moderation. Choose fresh vegetables and fruit and less processed foods
- Drink plenty of water every day
- Move more
- Stop smoking, vaping or using chewing tobacco
- Go for regular health check ups
- Check your blood sugar and blood pressure regularly
- Take your medication as directed, if you have any
- Get enough sleep to restore your body
- Keep a positive mindset and laugh often