

Why do I have Pre-diabetes/Type 2 Diabetes?

805-682-7638 x 214

Nobody knows the cause of diabetes. We do know it is more likely to occur in people who:

- Are African, Hispanic, or Native American
- Are overweight
- Have a family history of diabetes
- Are over 40 years of age
- Have had diabetes during a pregnancy
- Have High blood pressure



What can I do?

1. **Be Active** every day.
2. **Eat healthfully.** Avoid processed, fried or convenience foods.
3. **Manage Stress.** Take a few minutes every day to breathe, Meditate and relax.
4. **Lose weight** if it is necessary.
5. **Check your blood sugar.** Learning your blood sugar levels will help manage your diabetes.
6. **Take medication** if it is necessary.

