

Let's explore some myths about Diabetes

1. Diabetes is caused by eating too much sugar.

Type 1 diabetes is caused by genetics and unknown factors that trigger its onset; type 2 is caused by genetics and lifestyle factors. Being overweight increases your risk for developing type 2, and a diet high in calories from any source contributes to weight gain.

2. You'll know you have diabetes by your symptoms.

Not always. Type 2 diabetes often goes undiagnosed because it usually has few or no symptoms when it first develops.

3. People with diabetes need to follow a special diet. People with diabetes benefit from the same healthy diet that is good for everyone else: plenty of whole grains and fruits and vegetables, with a limited amount of fat and refined sugar.

4. You have to lose a lot of weight for your diabetes to improve. Losing just 7% of your body weight can offer significant health benefits—about 15 pounds if you weigh 200 pounds.

5. Diabetes is not a serious disease. Diabetes causes more deaths a year than breast cancer and AIDS combined. Having diabetes nearly doubles your chance of having a heart attack. The good news is that good diabetes control can reduce your risks for diabetes complications.

Information obtained from American Diabetes Association.