

# Preventing Type 2 Diabetes: 5 Ways Seniors Can Lower Their Risk

There are a few lifestyle changes you can make to help keep blood sugar in normal range and prevent a type 2 diabetes or prediabetic diagnosis. First, what affects blood sugar?



## What causes hyperglycemia, or blood sugar to rise?

- An abundance of food, like a meal with more carbohydrates than usual.
- Dehydration.
- Not being active.
- Not enough insulin or oral diabetes medications.
- Side effects from other medications.
- Illness, stress, or general pain all of which cause the body to release hormones which can raise blood sugar levels.

## What causes hypoglycemia, or blood sugar to drop?

- Lack of food, like missing a meal or snack.
- Alcohol, especially on an empty stomach.
- Too much insulin or oral diabetes medications.
- Side effects from other medications.
- More physical activity or exercise than usual.

To help maintain normal blood sugar levels and prevent type 2 diabetes, here's what you can do:

### 1. Stay Active:

It's recommended that seniors exercise for 30 minutes at least five times a week — that could be by walking, swimming, cycling, or even dancing!

### 2. Choose Healthy Foods:

Choose lots of vegetables and protein while limiting the number of high-carb foods they eat because these have the highest impact on your blood sugar.

### 3. Quit Unhealthy Habits:

People who smoke cigarettes are 30-40% more likely to develop type 2 diabetes than people who don't smoke. Drinking alcohol in excess can also put your body at risk.

### 4. Drink Plenty of Water:

Choosing to drink water instead of other beverages may help control blood sugar and insulin levels, thereby reducing the risk of diabetes.

### 5. Monitor Your Blood Sugar:

If you or someone you know is concerned about their risk of developing type 2 diabetes, consider asking your health care provider for a blood test to see where your levels fall.

For more information on diabetes and how CorsoCare can support you, call us at 248-438-8535.