

Understanding Diabetes

Diabetes is a growing problem across the country, with almost half of adults in the United States having prediabetes or diabetes and 1.4 million new diabetes diagnoses every year.¹

There are steps individuals can take in their everyday life to make a difference though. **Village Medical Providers have three tips for managing or preventing diabetes:**

✓ Create a sustainable diet that you can stick to.

Consistency is essential to improving overall health. A diabetes diagnosis does not mean you need to say goodbye to sugar forever. In fact, our brains need glucose to function. Because of this, it is crucial to practice moderation and work with a health care provider to find the right diet for your needs.²

✓ Practice balance in your everyday life.

In addition to changes in diet, those wanting to prevent or manage diabetes should add in the recommended 150 minutes of moderate exercise a week to get their heart rate up. Rest is important as well though – individuals should get six or more hours of sleep a night, as not enough increases the risk of obesity.³

✓ Make regular appointments to visit your health care provider.

A primary care provider plays a key role in diabetes prevention and management. By scheduling visits to a doctor or advanced practice provider, patients can monitor their levels and make recommended lifestyle changes to prevent problems before they start.⁴

¹ American Diabetes Association
^{2, 3, 4} "Regular checks are key to diagnosing diabetes early, Austin-area doctor says" Austin American-Statesman

“Regular checks are key to diagnosing diabetes early.”

Dr. Connie Pham,
Village Medical
Physician, on the
impact of lifestyle
modifications for
diabetes prevention
and management.



At Village Medical, managing and preventing chronic conditions like diabetes is at the center of what we do each and every day. Our team – ranging from experienced physicians to technology experts – work together with the goal of creating better outcomes for patients at risk of diabetes.

