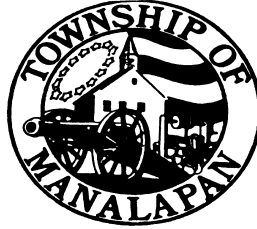


Township of Manalapan

BOARD OF HEALTH

120 Route 522 • Manalapan, NJ 07726 • 732-446-8345 • Fax 732-446-1576

Website: www.mtnj.org



November is *AMERICAN DIABETES MONTH*

Over 23 million children and adults in the United States have diabetes, and almost 25% of them don't know they have it! Diabetes is a serious disease. It is one of the leading causes of death and disability in the US. In people with diabetes, their bodies do not produce enough of a hormone called insulin, which allows glucose (the body's main source of energy) to enter cells. This causes glucose to build up in the blood and the body loses its source of energy.

There is no cure for diabetes, but it CAN be easily controlled through healthy eating, physical activity, and medication. If diabetes is not controlled, it can lead to many serious complications like blindness, nervous system diseases, cardiovascular diseases, and kidney diseases, and some parts of the body may need to be amputated.

The American Diabetes Association recognizes November as American Diabetes Month.

There are a few ways that you can reduce your risk for diabetes:

- **GET MORE PHYSICAL ACTIVITY.** Exercise can help you lose weight, lower your blood sugar and blood pressure, and increase

your sensitivity to insulin. Try to get at least 150 minutes of physical activity each week. Exercising lowers your risk for diabetes, heart disease, and stroke.

- **EAT A HEALTHY DIET** that contains plenty of vegetables, fruits, whole grains, and fiber. Lower the number of calories, cholesterol, and fat in your diet, and avoid sugary drinks. A healthy diet can help you maintain your blood sugar levels and reduce your risk of diabetes.
- **TRY TO LOSE WEIGHT.** Even losing just a few pounds (5% to 7% of your body weight) can reduce your risk of developing diabetes by almost 60%.
- **DON'T SMOKE.** Smoking raises your cholesterol levels and blood pressure, which can contribute to diabetes.
- **TAKE MEDICATION WHEN YOUR DOCTOR RECOMMENDS IT.** Some drugs, along with a healthy lifestyle, can lower a high-risk person's chance of developing diabetes.

For more information contact the Manalapan Township Health Department:

Hours:

Monday-Friday, 8:30 a.m. – 4:30 p.m.

Location:

Manalapan Town Hall
120 Route 522 & Taylors Mills Road, Manalapan, NJ 07726

Phone: (732) 446-8345

Fax: (732) 446-1576