

Is Diabetes treatable?

People with diabetes, their support network, and their health care providers can lower the occurrence of diabetes complications by controlling the levels of blood glucose, blood pressure, and blood lipids, and by receiving other preventive care practices in a timely manner. Diet, insulin, and oral medication to lower blood glucose levels are the foundation of diabetes treatment and management. Patient education and self-care practices are also important aspects of disease management that help people with diabetes lead normal lives.

Self-management education or training is a key step in improving health outcomes and quality of life. Self-care behaviors, such as healthy eating, being active, and monitoring blood sugar, in combination with the appropriate medical treatment may help people with or at risk for diabetes improve their lifestyle and manage the disease.

For those with prediabetes, losing weight and increasing physical activity can prevent or delay diabetes and return blood glucose levels to normal.

Source - Centers for Disease Control (CDC), 2017 National Diabetes Statistics Report

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