Written by NM Dept. of Health Friday, 20 November 2015 07:26



You can ask any one out of thousands of New Mexicans, and they'll tell it to you straight: Living with type 2 diabetes is not easy.

The New Mexico Department of Health reports that diabetes affects more than 170,000 adults statewide. That's one 1 out of every 8 adults, and for some of them, it's an emotional roller coaster. The National Diabetes Education Program says it's common for people with diabetes to feel overwhelmed, sad, or angry when they have to make lifestyle changes to stay healthy.

Diabetes is a group of diseases marked by high levels of blood sugar due to defects in insulin production, insulin action, or both. Blood sugar is usually regulated in our bodies automatically thanks to insulin, a hormone produced by the pancreas. But when our body doesn't produce enough of it or the cells in our body resist the insulin, it may be a sign of diabetes.

The NMDOH Diabetes Prevention and Control Program reports you are at increased risk of diabetes if:

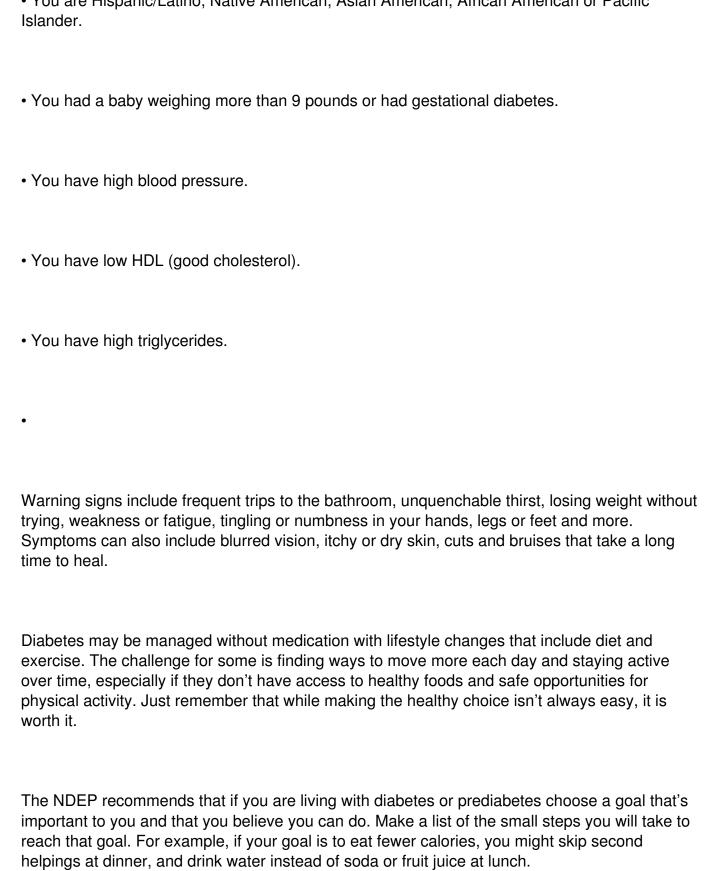
- You are overweight.
- You are physically inactive.
- A parent, brother or sister has diabetes.

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• You are Hispanic/Latino, Native American, Asian American, African American or Pacific



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Consider also making an appointment with a dietitian to talk about other ways to cut back on calories during the day. Reach out to friends, co-workers, or family for support and ideas about how to cope with the stress in your life. Learning ways to deal with stress and your emotions is a key step in reaching your goals.

Diabetes is serious. Taking control of diabetes is more complicated than simply popping a pill. It involves the careful balancing act of nutrition, exercise and, sometimes, medication. That's why you're better off knowing your risks and taking action to prevent diabetes. To assess your risk, go to the Type 2 Diabetes Risk Test.

Losing weight, exercising, managing your blood pressure and cholesterol, and if you smoke, giving up the habit, can help you prevent or delay not just diabetes, but many other chronic conditions. If you find you are at risk for diabetes, bring the risk assessment to your health care provider to discuss your options. A next step may be to have a blood test to see if you have pre-diabetes. If you do, don't delay! Act today.