

TOOELE Transcript Bulletin

November is National Diabetes Month

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Take action for a healthier future

November marks National Diabetes Month, a time to raise awareness, support loved ones, and empower those living with diabetes to manage their health.

Diabetes is a chronic condition that occurs when blood glucose (blood sugar) levels are too high, which, if left unmanaged, can lead to severe complications like heart disease, stroke, kidney damage, nerve damage, and vision loss.

This month, let's take steps toward understanding the risks and management options available for ourselves or those close to us.

“By knowing more about diabetes, we can protect our health and the health of others,” said Dr. Mason Heywood, family medicine physician and member of the medical staff at Mountain West Medical Center. “Awareness is key to early intervention, which can reduce the risk of complications and make a real difference for those living with diabetes.”

Understanding the Different Types of Diabetes

Type 1 Diabetes

Type 1 diabetes is often diagnosed in children and young adults but can develop at any age. People with type 1 diabetes produce little or no insulin, meaning they need daily insulin to



Dr. Mason Heywood, family medicine physician and member of the medical staff at Mountain West Medical Center.

survive. While the exact cause is unknown, scientists believe that genetics and certain viruses may trigger the condition.

Managing type 1 diabetes can be challenging, but with the help of a support system and a care team, people can live healthy lives. Treatment includes insulin therapy, physical activity, and a balanced eating plan.

Type 2 Diabetes

Type 2 diabetes occurs when the body doesn't use insulin effectively—a condition known as insulin resistance. This type of diabetes is more common in people over 35, though it's increasingly seen in younger individuals. Many people with type 2 diabetes manage their blood sugar levels through lifestyle adjustments like balanced eating and regular exercise, but medications or insulin may also be required.

Gestational Diabetes

Gestational diabetes, which occurs during pregnancy, affects up to 9% of pregnancies in the U.S. each year. Though it usually resolves after delivery, gestational diabetes requires diligent management during pregnancy to avoid health complications for both mother and child.

“Diabetes during pregnancy is common and can be well managed with the right care plan,” explained Dr. Heywood. “It's about being proactive and working closely with your healthcare provider to take the steps needed for a healthy pregnancy and baby.”

The Importance of Early Detection

Early detection and treatment are essential in reducing the risk of complications. The A1C test measures average blood glucose levels over the past two to three months and is a vital tool. A result of 5.7 to 6.4% indicates prediabetes, while a level of 6.5% or higher signals diabetes.

Creating a Healthier Lifestyle

Healthy Eating

A balanced diet is a cornerstone of diabetes management. Your healthcare provider can guide you in making choices that align with your health goals and provide easy meal ideas.

Building Healthy Habits

Taking small steps toward a healthier lifestyle can help prevent diabetes or manage its symptoms. Start with small changes like meal planning, incorporating movement into your daily routine, and getting enough sleep to help improve blood sugar and reduce cortisol levels.

Stay Connected with Your Health Care Team

Managing diabetes can feel overwhelming, but you don't have to do it alone. Your care team may include a primary care provider, endocrinologist, dietitian, or diabetes educator who can provide support and guidance.

To schedule an exam to talk to Dr. Heywood about health concerns, contact his clinic at 435-238-4318. You can also make an appointment at [MountainWestAnytime.com](https://www.MountainWestAnytime.com).

Source: American Diabetes Association