

# IS THIS YOUR JOURNEY TO TYPE 2 DIABETES?

What, I have prediabetes? But I feel just fine!



**JOHN**

- John is 58 years old
- 20 pounds overweight
- Smokes cigarettes socially
- Performs no routine exercise
- Forgets to take his high blood pressure medication 2-3x/week

A member named John completed a [CDC Prediabetes Risk Test](#). He understands that better choices need to be made to live a healthier life.

John enters a Diabetes Prevention Program (DPP). Programs offered include [Brook+](#), [Inspired Health](#) and [WNYICC](#)

Actively participating in DPP activities, John is eating healthier foods and exercising more.

I'm now aware of my cholesterol level. I've stopped smoking. And I'm consistently taking my medications.

John completed the one-year program and lost 5% of his body weight. He also has a normal blood sugar level.

Wow! I don't have Type 2 diabetes. I lowered my blood pressure and cholesterol. Plus, my doctor took me off my cholesterol medications.

## Living a healthy lifestyle is about making good choices.

The food you eat and the exercise you do in your daily life are important parts of your personal health journey, and impact the risks associated with developing prediabetes — a serious health condition where blood sugar levels are higher than normal, but not high enough yet to be diagnosed as Type 2 diabetes.

Consider the following facts:

- 84.1 million American adults — more than 1 out of 3 — have prediabetes
- 9 out of 10 people with prediabetes don't know they have it

To illustrate the importance of making healthy choices and how this can affect your chances of developing prediabetes, take a walk with the two members in this chart.

See how the risks in each of their profiles and the paths they have chosen made an impact on their health, and which path is the best for you to take.

Along the way, click on the [links](#) noted throughout the chart to learn more about those topics.

I don't have a problem with my sugar



**JULIE**

- Julie is 48 years old
- Has a history of gestational diabetes
- Father and brother have Type 2 diabetes
- Primary doctor classifies her weight as obese
- Does not watch what she eats
- Eats out 5x/week

A member named Julie continued to make unhealthy lifestyle choices. Her behavior and ongoing actions have put her health at risk.

Julie's Annual Well Visit with her doctor showed she had gained 10 more pounds, and her lab work showed her blood sugar levels have continued to increase to a level of Type 2 diabetes.

Julie now has Type 2 diabetes, and all the health risks associated with it.

What do I do now?

Minimize your risk now by changing your eating habits and increasing your activity level. Tools, Medication, Resources and Health Tips are available (see below) to help you take control of your Type 2 diabetes.



When comparing the paths that John and Julie had taken relative to identifying and managing their Type 2 diabetes risk factors, **it's clear that John had found greater success in his journey.**

It's important to note, however, that everyone's journey is different, and that's okay! Actions taken need to become habits that fit into your individual life. **Julie is on the right path**, and is taking advantage of the Tools, Medication and Health Tips available to achieve success on her journey toward a healthier life.



## Getting Started: The Path to a Healthier Future.

### TOOLS

#### Registered Dietitian

- Get advice and guidance on nutrition for FREE from a participating dietitian
- Access to dietitians is also available through our [Brook Health Companion](#) or [Foodsmart](#)™ tools

#### Brook Health Companion

- Get the [support](#) you need any day of the year right through your smartphone. Use online chat or talk with a live health coach to track your results, answer day-to-day questions, set up medication reminders and much more.

#### Foodsmart

- Eating healthier begins with [Foodsmart](#). It's a convenient way to find recipes, plan meals, save money on grocery bills, have groceries delivered, access expert nutrition advice and more, all through your smartphone.

### RESOURCES

A variety of Diabetes Prevention Programs are available. Learn more by clicking on the provider names listed below to visit their websites.

[Brook+](#)

[Inspired Health Group](#)

[Western New York Integrated Care Collaborative](#)

### MEDICATION

#### Metformin

- A prescription medication recommended for people with prediabetes and Type 2 diabetes
- Lowers your risk for heart disease (heart attack or stroke)
- Does NOT cause low blood sugars
- Does NOT cause weight gain — averaging 5-10 pounds weight loss
- LOW costs (\$0 – \$10 per prescription)

### HEALTH TIPS

#### Small Steps = Big Changes

- Try walking more — increase your number of steps per day
- Cut out sugary drinks from your diet (juices and soda)
- Quit smoking. It's never too late to quit.
- Get nutritional advice from an expert (see Tools section)
- Set a realistic goal and lose weight
- Make healthier meals using our [Foodsmart](#) tool
- Continue taking your blood pressure or cholesterol medication, as prescribed by your physician
- Get live or online chat support to manage your diabetes using the [Brook Health Companion](#)