

# Women's Health & Diabetes

## Understanding Your Risk

### What is Diabetes?

Diabetes affects how the body turns food into energy. Many people do not know they may be at risk for developing diabetes. Early detection is important because when left untreated, diabetes can lead to serious health problems, especially in women.



#### Pre-Diabetes

- A risk for Type II Diabetes.
- High blood sugar levels.
- 1 in 3 US adults have pre-diabetes, but many do not know.

#### The Types of Diabetes



#### Gestational Diabetes

- Develops during pregnancy.
- Risk factor for Type II Diabetes.
- Can impact the health of mother and baby.

#### Type I Diabetes

- Diagnosed in childhood.
- Body can't make insulin.
- Less common type.

#### Type II Diabetes

- The most common type.
- The body becomes insulin resistant.



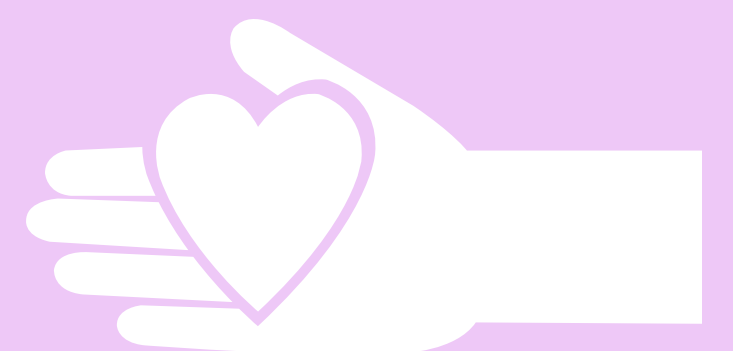
### What are the Symptoms of Diabetes?

- Fatigue
- Increased thirst
- Frequent urination
- Tingling in feet or hands
- Slow healing of cuts
- Dizziness
- Blurry vision
- Dry mouth
- Increased infections

### What are the Risk Factors for Diabetes?

- High Blood Pressure
- History of Heart Problems
- Gestational Diabetes
- Genetics
- Unhealthy Diet
- High Weight
- Physical Inactivity
- Age 45+

A healthy lifestyle can help reduce diabetes risk!



# Tips to Reduce Risk Factors for Diabetes

## Get Tested

- Ask your doctor to check your blood sugar.
- If pregnant, get tested for gestational diabetes between 24-26 weeks of pregnancy.
- If you had gestational diabetes, check blood sugar levels 12 weeks after delivery.



## Eat Healthy

- Drink water instead of soda or sugary drinks.
- Fill half your plate with fruits and vegetables.
- Choose grilled foods over fried foods.
- Limit packaged foods.



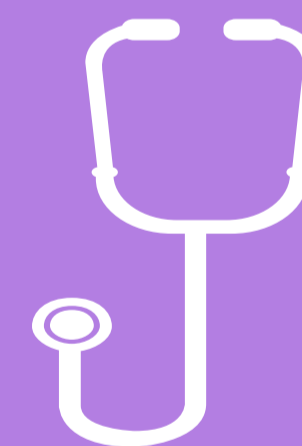
## Stay Physically Active

- Take the stairs instead of the elevator.
- Go on walks during your breaks or while on the phone.
- Try at-home yoga or exercise classes on YouTube.
- Turn on music and dance while cooking or cleaning.



## Talk to your Doctor/ Healthcare Professional

- Get screened for diabetes risk.
- Share if you are experiencing symptoms.
- Get information about living healthy with diabetes.
- Ask about diabetes educators or programs in your area.



## Resources



Visit our website by scanning the code for more resources and information, including how to locate a diabetes educator, healthy eating tips & recipes, and easy ways to increase your physical activity.

<https://scehsc.usc.edu/diabetes-resources/>

USC Environmental Health Centers

 [envhealthcenters.usc.edu](http://envhealthcenters.usc.edu)  @USCEnviroHealth

  @USCEHC

MADRES Center

 [madres.usc.edu](http://madres.usc.edu)  @madrescenter

Infographic: Sydney Powell, USC

