



Blood Sugar and Diabetes

Type 1 Diabetes

Insulin dependent diabetes usually presents at an early age and unfortunately cannot be prevented.

Type 2 Diabetes

Referred to as 'non-insulin' dependent diabetes, there is a close link with obesity and lack of exercise. Type 2 is largely preventable.

Watch the waist line

Women have an increased risk of diabetes if their waist measures more than 80cm, white or black men if their waist is more than 94cm and Asian men if more than 90cm.

You can't outrun a bad diet

Limiting the amount of sugary foods, drinks and refined grains such as white bread/rice is a good first step. Include healthy sources of fat such as unsalted tree nuts (walnuts, almonds, hazelnuts), olive oil, avocado, and oily fish.

Get enough sleep

Regular sleeping for less than 7 hours per night increases the risk of obesity which could lead to type 2 diabetes. Sleep deprivation reduces levels of leptin (the chemical that makes you feel full) and increases levels of ghrelin (hunger-stimulating hormone)

Stress less

The stress response triggers the release of several hormones that increase blood sugar.

Move more

After we exercise, the muscles will gradually replenish their sugar stores by taking in sugar from the blood. This helps lower blood sugar levels and improves insulin sensitivity.