TOP HEALTH®
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Type 2 Diabetes: Are You at Risk?

Diabetes is a complex disease that affects your body's primary source of energy — glucose (sugar). Most people with diabetes have type 2, in which the body doesn't use the hormone **insulin** properly.

When this happens, glucose accumulates in your bloodstream, leading to serious health complications. *Eventually, high blood sugar levels can create disorders of your circulatory, nervous and immune systems.* The longer you've had type 2, the higher your risk for medical side effects. Once diabetes is treated with medication, blood sugar levels can drop to dangerously low levels, too, so it's important to keep track.

How common is type 2 diabetes? More than 40 million Americans have diabetes (about one in eight), and 90% to 95% of them have type 2 diabetes. Type 2 most often affects people in middle age, but increasing numbers of children, teens and young adults are also diagnosed.

What are your chances of developing type 2 diabetes? It depends on multiple factors, including your genes and lifestyle. While you can't change your family history, age or ethnicity, you can control lifestyle risk factors. You are more likely to develop type 2 if you are physically inactive, eat mostly ultra-processed foods and are overweight or obese. Other risks include:

- Age 45 or older.
- A family history of diabetes.
- High blood pressure.
- Low HDL (good) cholesterol or high LDL (bad) cholesterol.
- A history of gestational diabetes or giving birth to a baby weighing nine pounds or more.

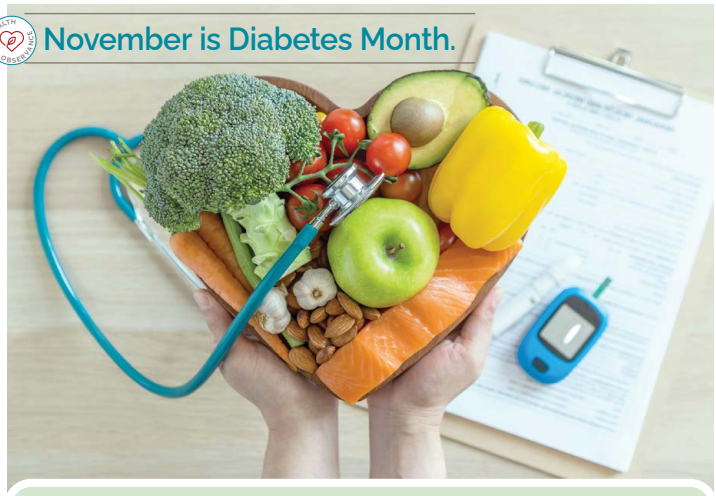


To learn more, search for **risk** at **diabetes.org**.

What are symptoms of type 2 diabetes? Common symptoms include increased thirst, frequent urination and unintended weight loss. Overall, symptoms can be mild and develop slowly for several years; many people will have no symptoms. You may not be aware of the disease until you have related health problems, including blurred vision, heart trouble or circulation problems.

Managing diabetes requires healthy eating, weight control and being physically active. Your health care provider may prescribe insulin, other injectable medications or oral diabetes medicines. You'll need to eat healthy, exercise regularly and keep your blood pressure and cholesterol close to your provider-recommended targets, and get regular screening for related health problems.

November is Diabetes Month.



Prediabetes Research Update

There's good news from a 21-year follow-up of nearly 3,200 adults with prediabetes who participated in the original Diabetes Prevention Program trial. The trial period confirmed that lifestyle interventions or the medication metformin were effective long-term in preventing or delaying type 2 diabetes among adults with prediabetes compared to participants who received standard care. Participants in the lifestyle change program lowered their chances of developing type 2 diabetes by 58% while those who took metformin lowered their diabetes risk by 31%.

November is COPD Awareness Month.

Breath-robbing chronic obstructive pulmonary disease affects more than 11 million Americans and millions more may have it without knowing. COPD restricts air flow in and out of airways. Smoking is the main cause, but multiple respiratory infections and exposure to various air pollutants can also result in COPD. Talk to your health care provider if you have possible COPD symptoms. While there's no cure for COPD, early diagnosis and treatment can improve the quality of life. To learn more, visit **lung.org**. If you have COPD and have tried older inhalers unsuccessfully, ask your provider about trying a newer one.

Time for a Food Revolution

By Cara Rosenbloom, RD

Why care about what you eat? People tend to reach for what is quick and easy and tastes good. Often these are not the healthiest choices.

Meals are more than just a moment to feed yourself whatever's handy. Food fuels your body and mind. What you eat affects how you feel, your energy and your mood. Put the right fuel in, and your body will run more smoothly and will be in optimum health. Eat junk food and empty calories and you'll likely feel the opposite.

The thought of giving up the foods we enjoy is often what keeps us stuck in an unhealthy eating pattern. Use these tips and make your best choice.

Plan ahead by making a shopping list. Include lunches, snacks and portable foods for work.

• **Stick to your list.** Don't shop hungry, when people tend to choose high-calorie and high-fat impulse items.

• **Choose whole foods first.** Fill your cart with the most healthful foods, such as vegetables and fruit (fresh, frozen or canned); whole grains, beans, nuts; and lean proteins, such as tofu, chicken and fish. **Select fewer ultra-processed foods:** Choose fewer foods that are high in sugar, fat and salt, such as soft drinks, fries, chips, candy, pastries, ice cream, canned soups, hot dogs, sausages and chicken nuggets.

• **Stock up on healthy additions.** Buy staples you can use to add flavor, texture and variety without adding extra fat, sugar or salt.



Ideas: Flavored vinegars, lemons, limes, fresh or dried herbs, pepper and a mix of spices. It's helpful to have the right ingredients on hand.

Eat Well in 5

Savvy shopping: Learn where the healthiest foods are in your grocery store and how to read and compare labels.

Smart cooking in the kitchen: Frame healthy meals around vegetables.

A new outlook on treats: Enjoy them only occasionally and in small portions.

Breakfast: It's the best way to start the day, especially when it's high in fiber and protein.

Picky about portions: Downsize restaurant meals or split with someone at your table when dining out.

Dealing with Negative People

Sooner or later, everyone interacts with negative people. Whether at work, home, or social situations, some folks seem to always look on the bleak side, finding fault and complaining. Unfortunately, even if you're a natural optimist, dealing with negative people can impact your mood, too. That's why it's important to set boundaries.

Sure, it's sometimes necessary to talk to people who are negative, and you don't want to be rude or unsympathetic. But instead of listening while they complain nonstop, try redirecting the conversation with positive input. Avoid overt criticism and ask how they can fix a problem or find appropriate help. Then, get on with your priorities.

Negative people often blame others for their woes, spreading gossip. Avoid this toxic situation with a simple "that's none of my business" and walk away.

Remind yourself you can't control negative people — but you can control your responses. Distance yourself from negativity when possible.

If you can't remove yourself from a situation, such as a constant complainer at work, psychologist and Psychology Today contributor Sherrie Bourg Carter advises taking a "happy break." Do something to lift your spirits. For example, take a walk or seek a positive friend or colleague.





Fewer Blank Moments

You're in a meeting, or reading a page, and suddenly — nothing. No thoughts, no inner voice, just a blank. If that sounds familiar, you've experienced what scientists now call ***mind blanking***, and a 2025 review of 80 studies suggests it's a normal and surprisingly common part of waking life. Mind blanking spikes when you're tired or running on empty. To cut down on blank spells when you need to stay sharp:

• **Protect your sleep.** Blanking rises after poor or short sleep. Aim for seven to nine hours.

• **Break up monotony.** Repetitive tasks invite blanking. Step away or switch tasks every so often to reset your focus.

• **Don't power through exhaustion.** Mental fatigue makes blanks more likely. A short pause beats pushing on.

• **Go easy on yourself.** An occasional blank isn't a memory problem or a sign that something's wrong — it's just how attention works.

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