TuSalud

Most Diabetes Is Preventable

Lifestyle changes, such as diet and exercise, can help.

October 1, 2011 By Cristina Gonzalez

Diabetes is one of the leading causes of death and disability in the United States. Almost 26 million people nationwide have the disease. Diabetes is the fifth leading cause of death for Latinos. The rate among Latinos doubles that of whites. While diabetes—a condition in which the body either ignores insulin or doesn't produce enough of it—is a lifelong condition, it's mostly preventable and treatable through lifestyle changes such as diet and exercise. Go to diabetes.org to learn more

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http://beta.docker.tusaludmag.com/article/diabetes-preventable