​The month of November is widely associated with Thanksgiving, but did you know that it is also Diabetes awareness month? According to the CDC one in 10 Americans have diabetes. There are 84 million adults in the United States that have pre-diabetes, putting them at a higher risk of developing Type 2 Diabetes. Diabetes is the number one reason for blindness and is one of the leading causes of disability and death in the United States.  To raise awareness about diabetes and healthy living, Vision Care 4 Life is proudly participating in Diabetes Awareness Month.  
   
Depending on your age, weight, family history and race, you may be at higher risk of developing type 2 diabetes. The good news is that making healthy changes can greatly lower your risk.  
Some changes that can help lower your risk are:

* Eating Healthy- eliminating soda pop, sugar and reducing carbohydrates.
* Being more physically active- a minimum of 15 minutes a day of exercise.
* Watching your weight-optimal weight is a BMI of 25 and under. (BMI- Body Mass Index-which is measured weight divided by height.)

High levels of blood sugar in the retinal vessels of the eye causes the vessels to bleed. Overtime this causes tissue death and eventually blindness. Optimal A1C results are 6.5 or lower for an already diagnosed diabetic.  
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Something else that can also help is to talk about it. Speak with your health care providers so that they can help you if you have any concerns.