

### ***Who is it for?***

**Everyone.**

**As Americans become heavier, the number of adults and children with type 2 diabetes is skyrocketing. The good news is lifestyle changes can prevent and even reverse the disease.**

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### ***Diabetes and Weight Management***

Excess weight and diabetes often go hand-in-hand. In fact, obesity and lack of exercise appear to be responsible for the increasing number of Americans with diabetes. Yet type 2 diabetes can no longer be called “adult onset.” With childhood obesity reaching near epidemic levels, the number of children developing type 2 diabetes is also alarmingly high.

Fortunately, lifestyle changes such as losing weight, choosing healthy foods and getting regular exercise can prevent—and even reverse—this most common form of the disease. Weight loss often helps you to reduce or even eliminate diabetes medication. Control and prevention are built into all programs offered by the Sparrow Weight Management Center.

### ***Why is obesity a risk factor for diabetes?***

Obesity is the number one risk factor for type 2 diabetes. (See “What is Diabetes?” section on reverse side.) Studies suggest that muscle cells are most receptive to the insulin our bodies require for fuel and energy. When fat cells far exceed muscle, your body finds it difficult to use insulin effectively. This syndrome, called insulin resistance, can lead to a host of undesirable conditions, including type 2 diabetes and heart disease.

Some diabetes risk factors—family history, genetics and aging—you can’t control. Others, fortunately, are well within your ability to change: inactivity, unhealthy diet, high blood pressure and high cholesterol. As you manage your weight, you’ll manage your risk.

### ***Why is it important to prevent or control diabetes?***

When insulin cannot be used by your cells, it remains in your bloodstream. When these “blood sugar” levels are too high for too long, it takes a heavy toll on your body. Complications of diabetes include heart disease, stroke, and hardening of the arteries (atherosclerosis). Diabetes is also a leading cause of blindness and kidney disease. Excessively high blood sugar can cause nerve damage throughout your body, including your feet, legs and internal organs.

### ***I already have diabetes. What can I do?***

Good news: You can control type 2 diabetes, drastically reducing your risk for complications. Researchers tell us that losing as little as five percent of your body weight can make a big difference. And diabetes is only one of many serious diseases that can be prevented or managed with weight loss.

Eliot Joslin, often referred to as the father of diabetes treatment, once said, “Your genetics loads the cannon, and your lifestyle lights the fuse.” That means you can reduce your risk of complications despite genetics. You’ve taken a healthy first step by looking into your weight management options. We can help you take control of your diabetes and your health.

To learn more about the Sparrow Weight Management Center and diabetes management, **call us at 517.364.8080**. We’ve also included some useful links, below.

**Sparrow Weight Management Center**

**2900 Hannah Blvd., Suite B107**

**East Lansing, Michigan 48823**

**[www.SparrowWeightManagement.org](http://www.SparrowWeightManagement.org)**

The Sparrow Regional Diabetes Center, recognized by the American Diabetes Association, uses a team approach to control your diabetes and avoid complications. Our comprehensive program includes evaluation, management, dietary counseling, education and support groups for adults and, through the Pediatric Diabetes Center, children. For more information, visit:

Sparrow Regional Diabetes Center: **[www.sparrow.org/diabetes](http://www.sparrow.org/diabetes)**

American Diabetes Association: **[www.diabetes.org](http://www.diabetes.org)**

Online diabetes risk assessment:

**<http://www.diabetes.org/food-nutrition-lifestyle/lifestyle-prevention/risk-test.jsp>**

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### ***What is Diabetes?***

**Type 1 Diabetes:** Only five- to ten-percent of diabetics have type 1, where the body does not produce insulin. Insulin is the key that unlocks your body’s cells so they can use glucose (sugar) for fuel and energy. It’s uncertain what causes type 1 diabetes, which is usually diagnosed in childhood or young adulthood.

**Type 2 Diabetes:** Persons with type 2 diabetes do not produce enough insulin, and what is available isn’t used properly (a condition called insulin resistance). Obesity and lack of exercise appear to play a large part in the development of diabetes. Most people with diabetes have type 2.

**Pre-Diabetes:** The American Diabetes Association estimates that 57 million Americans have pre-diabetes, where blood sugar levels are higher than normal but stop short of the levels required for a diabetes diagnosis. Recent research suggests pre-diabetes may already be taking a toll on your body, especially on your heart and circulation.

### *The Components*

#### ***Sparrow Regional Diabetes Center***

The Sparrow Regional Diabetes Center has helped persons with diabetes and their families since 1969. The center is certified by the Michigan Department of Community Health and is recognized by the American Diabetes Association. We provide comprehensive diabetes evaluation and management by an expert team of healthcare professionals. Among the services we provide:

- **Outpatient education for individuals and groups**
- **Insulin instruction and blood sugar monitoring**
- **Dietary counseling**
- **Insulin pump training**
- **Diabetes supplies, including training**
- **Diabetes support groups and resource library**

To learn more about the Sparrow Regional Diabetes Center, call **517.364.5955**.

#### ***Sparrow Pediatric Diabetes Center***

Our pediatric program was established in 2001 and is certified by the Michigan Department of Community Health. Like the adult center, we provide comprehensive diabetes evaluation and management by a team specially trained in the treatment of children and teens. Our services include:

- **Individualized outpatient education**
- **Insulin instruction and blood sugar monitoring**
- **Dietary counseling**
- **Insulin infusion pump training**
- **Diabetes supplies, including training**

To learn more about the Sparrow Pediatric Diabetes Center, call **517.364.5490**.

To learn more about the Sparrow Weight Management Center, call us at **517.364.8080**.

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**East Lansing, Michigan 48823**

**[www.SparrowWeightManagement.org](http://www.SparrowWeightManagement.org)**