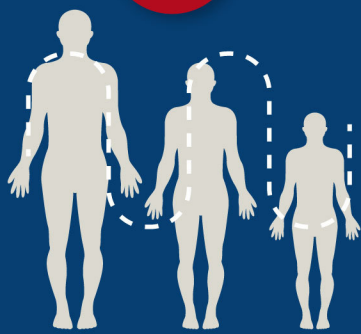




REPEAL YOUR RISKS OF DIABETES

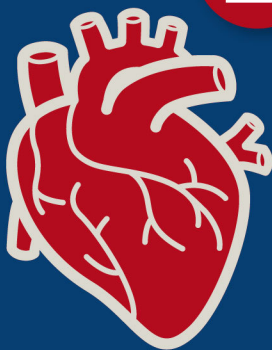


1 CANCER CONNECTION



People with cancer may be at a higher risk of developing chronic conditions such as heart disease, diabetes, high blood pressure and cholesterol, with the correlation more so elevated among men.^[1a] Death rates are higher among cancer patients who also have diabetes.^[1b]

2 HEART ATTACK LINK



One in 10 heart attack patients may have undiagnosed type-2 diabetes, and 2 of every 3 people with diabetes dies from cardiovascular disease.^[2]

3 LACK OF SLEEP



Lack of sleep can impair the body's internal clock and adversely affect metabolism.^[3a] Decreased levels of the hormone melatonin may be linked to the development of type 2 diabetes.^[3b]

4 HIGH BMI



For every 1 kg/m² increase in body mass index (BMI), the risk of developing type 2 diabetes increases by 27%.^[4]

5 LOW MOTION



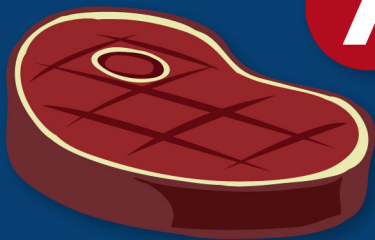
A combination of aerobic exercise and resistance training may help manage glycated hemoglobin (HbA1C) – a measure of blood sugar control, fasting blood sugar & triglycerides.^[5]

6 DIETARY STYLE



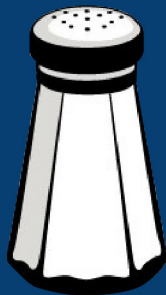
Opt for a low glycemic load diet that also follows the principles of the traditional Mediterranean diet.^[6]

7 MEAT



Limit consumption of beef, pork, and lamb, as high intake raises the risk for type-2 diabetes by 2.10-times.^[7]

8 SALT



Type-2 diabetics who consume a diet high in salt may be at twice the risk of developing cardiovascular disease.^[8]

9 SODA



One or more soft drinks (12 ounces [354 mL]) a day associates with a 58% increased risk.^[9]

10 WORK STRESS



High job strain, independent of traditional risk factors, raises type-2 diabetes risk.^[10]

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