



## Diabetes Mellitus

Here is another reason to mind your blood sugar. A new diabetes category is emerging called type 3. It signals an association between blood glucose and brain plaques, specifically dementia. Every food choice we make is a decision between robust health and longevity or an increased risk for disorders of the heart, kidney, eye, nerves and now brain!

If you or someone you care for struggle with managing blood glucose, here is another motivation – preserving brain health. The following tips can help prevent, delay or manage issues with blood glucose.

- Manage stress.
- Do not smoke or vape.
- Make healthy food choices like lean meats, fish, veggies, fruit, wholegrains and unsaturated fats.
- Be physically active 30 minutes every day.
- Stay hydrated with water as a main source.

Share concerns about diabetes with your doctor. He or she can offer additional suggestions based on your medical history and other factors.