



# National Diabetes Awareness Month

Every November, thousands of communities across the country work together to promote awareness about the effect of diabetes on millions of Americans. Several forms of social media and events are held in order to educate others as well as reinforce prevention of the disease. By raising awareness, those who live with diabetes share their stories allowing others to gain an understanding of their condition.

**LEANNE ANG**

**Features Editor**

## Prevention

Functional high-intensity training (F-HIT) is scientifically proven to help prevent type 2 diabetes. It decreases the possibility of being diabetic because these aerobic exercises enhance beta-cells that produce insulin. As little as 10 to 20 minutes a day for several weeks show improvements in beta-cells. F-HIT mainly consists of training that is brief and intense such as several reps of planks, sit-ups, lunges and more. Many F-HIT workout videos can be found online either through Facebook or YouTube.

Exercising daily is not the only activity that can help prevent diabetes; people also need to eat healthier. Eating healthy, nutritious foods would help replenish calories lost from exercising. The amount of nutrition that a person takes in should always be monitored. Taking in too much or too little food could cause a negative effect on the body.

It is not enough just to exercise and to eat healthier. A person should also have a sense of motivation. For many, family and friends around them are an ideal source of motivation. There is usually people around them that could keep them on track. Family and friends could participate in the person's goals of eating and exercising every day. This would allow them to do the activities together and to strive for a common goal.

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**Copy Editor**

## Associations

The American Diabetes Association (ADA) is a non-profit organization that is based in the United States. The main goal of the ADA is to raise awareness for diabetes and gather donations to fund diabetes research. In 2016, their total revenue was 171 million dollars.

The Diabetes Research Institute (DRI)'s main vision is, "a world without diabetes." The association has set its goals on finding a biological cure for diabetes. They have done research regarding insulin and diabetes. In 1997, their researchers identify the cells that regulate autoimmunity. In 2005, the DRI developed a safer method for turning stem cells into insulin-producing cells. In 2018, they launched the POSEIDON study to assess the impact of Omega-3 and Vitamin D in Type 1 Diabetes. One of their greatest achievements is the DRI Biohub, a bioengineered mini-organ that mimics the pancreas.

The Children's Diabetes Foundation is a non-profit organization established in 1977 by Barbara and Marvin Davis. The goal of the foundation is to raise funds to increase diabetes research, awareness and education. It also purchases diabetes supplies for families in need through their Helping Hand program which has helped over 1000 families in need.

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## What is Diabetes?

Diabetes is a medical condition that prevents the body from properly breaking down food and turning it into energy. Foods that are consumed break down into glucose (also known as sugar) which provide the body with the energy it needs to function at a stable level. This process is carried out through the pancreas. The pancreas creates beta-cells which store and release a hormone called insulin thus helping the body's ability to turn glucose into energy and regulate blood sugar.

Insulin, working as a messenger, spreads the glucose to other parts of the body where it may be needed. The organ then uses the insulin released where it is needed. However, with diabetes this process cannot function correctly, since it causes the sugar to go into the bloodstream and not transform into energy. Which result in many health complications in one's life.

Blood sugar in a person's body can be the number one factor of developing diabetes. When not taken care of and the levels are off, this is what leads to the susceptibility of diabetes. Some health complications may be heart disease, blindness and kidney failure.

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## Facts

1. People with diabetes have double the risk of stroke at an early age than non-diabetic people.
2. About 422 million people worldwide have diabetes, and more than 30 million of them live in the U.S.
3. Type 2 diabetes is more common than type 1 diabetes.
4. In the past 20 years, the number of Americans with diabetes has more than tripled.
5. Type 1 diabetes is more likely to appear in young children than adults.
6. Besides other factors, such as age and family history, type 1 diabetes is claimed to be caused by the body's accidental immune reaction to itself.
7. Diabetes is the leading cause of death in the world.
8. In 2012, 1.5 million people died of diabetes.
9. Even if blood glucose levels are not high enough to call the person diabetic, the increased levels also increase the risk of cardiovascular disease.
10. Diabetes costs \$174 billion annually, including direct medical expenses.

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