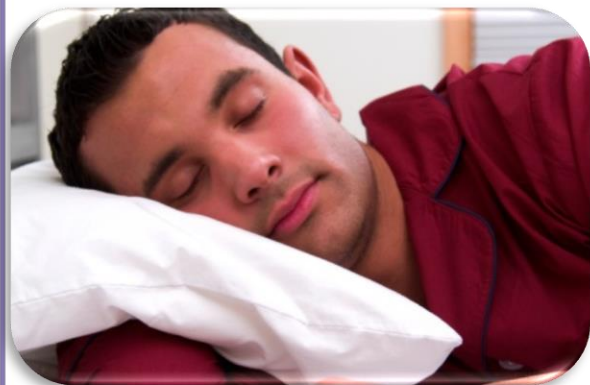


Get Your Zzzz's to Prevent Diabetes!



Studies have shown that sleep is important to overall health. Now, researchers at the University of Colorado Anschutz Medical Campus and University of Colorado Boulder have found that a lack of sleep could also lead to an increased risk of diabetes.

The study found that not enough sleep leads to a reduction in the sensitivity to insulin, which impairs the ability to regulate blood sugar. A lack of sleep has been tied to weight gain, but with this new information sleep can also be equated to metabolism.

“Sleep is obviously an important piece in overall health,” says Lauren Saujani, nurse practitioner at Advocate Dreyer Medical Clinic in Aurora, IL. “This adds another piece to the puzzle for us to discuss with our patients and stress the importance of a total healthy lifestyle.”

Regulating blood sugar levels is a crucial component of monitoring diabetes. When people are sleep deprived, the body urges them to rest and as a result their body makes it more difficult to break down the food, causing a spike in blood sugar levels.

“Everything that goes into your body when you are diabetic can make a huge impact,” says Saujani. “While more research is needed, this study gives us a good insight on how we can help those who are at risk for becoming diabetic.”

Prayer: In our busy world, help us to value ourselves enough to rest and take care of ourselves that we might live well.

11/2018

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Diabetes and Heart Disease

If you've been diagnosed with diabetes, you're at higher risk for heart disease and heart attack. But, you can help control your risk by following these ABCs...



A1C

Monitor and keep your A1C (average blood sugar level) under control by following the care plan you created with your physician - including diet, exercise, medications and other measures.



BLOOD PRESSURE

Keeping your blood pressure under control keeps your heart from pumping harder than it should. Maintaining a healthy weight and lifestyle can help keep your BP within normal limits.



CHOLESTEROL

Cholesterol is the amount of fat in your blood. Too much "bad cholesterol" or LDL can clog your arteries and increase your risk for heart attack.

Diabetes is a serious disease. Be sure you're managing your symptoms and risks in partnership with your health care team to prevent complications and live your healthiest life.

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