

November Is American Diabetes Month

body turns food into energy. Your food is broken down into sugar (glucose) and released into your bloodstream. As your blood sugar goes up, your pancreas releases insulin. This allows the blood sugar to enter your body's cells for use as energy. A person with diabetes doesn't make enough insulin or can't properly use insulin. There are two main types of diabetes:

Type 1 diabetes occurs when the pancreas doesn't produce enough insulin. This type of diabetes is usually diagnosed in children, teens and young adults, but it can develop at any age.

Type 2 diabetes occurs when the cells don't respond adequately to insulin, known as insulin resistance. Of the millions of Americans with diabetes, about 90%-95% of them have Type 2.

It's also important to note that gestational diabetes can develop in pregnant women who have never had diabetes before. Gestational diabetes usually goes away after pregnancy.

While Type 1 diabetes can't be prevented, you can

[Reducing Your Risk for Diabetes](#)

Understanding Dietary Supplements

The Council for Responsible Nutrition reports that 75% of Americans take dietary supplements. They come in various forms, including gummies, tablets, powders, drinks and energy bars. Supplements can contain vitamins, minerals, herbs, amino acids, enzymes and other ingredients. Some products can be taken to supplement essential nutrients that could be missing if you lack a variety of nutritious foods in your diet. Others may be consumed to enhance athletic performance, strengthen the immune system, manage pain or improve mental health. W