

Home

Health A-Z

Drugs A-Z

Symptom Checker

Food

Advice &
Support

Health Tools

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Diabetes Awareness Month: Get Informed!



Got Diabetes? Drop These Bad Health Habits

With today's fast-paced lifestyle, it's easy for anyone to fall into bad habits like choosing high-fat foods, skipping exercise, skimping on sleep, even smoking or drinking to excess. But if you're living with diabetes, making poor choices when it comes to your health can do some serious damage. The good news is that it's easy to turn things around — start by dropping these 10 worst habits that can have the greatest impact on your diabetes.

[Make these changes today.](#)

Diabetes-Friendly Recipes



These 12 recipes are delicious and fit into a diabetes meal plan. [Get the recipes.](#)

Questions for Your Doctor



What should you ask your doctor after a type 2 diabetes diagnosis? Be prepared — [get our list.](#)

Diabetes Resources



Learn more about diabetes and find ways to get involved. [Use this list of diabetes organizations.](#)

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Can Thin People Get Type 2 Diabetes?

America's growing waistlines have been linked to the rise in type 2 diabetes. But it's not just the scale that determines who'll develop this health condition — although your risk may be lower if you're thinner, it still exists. [Here's how weight and diabetes are connected.](#)



Easy Ways to Manage Portion Sizes

Whether you have diabetes or simply want to reduce your risk, monitoring food portion sizes will make it easier to keep your blood glucose levels and your weight in check. [Try these portion-control tricks.](#)



Surviving Holiday Stress

A busy holiday season can rattle anyone's nerves. But if you have diabetes, you'll need to be especially careful at this time of year — not only are you especially vulnerable to the effects of stress, you'll need to watch yourself around the usual free-for-all holiday food-fest. [Get tips to get through the holidays.](#)

10 Ideas for Diabetes Prevention

The diabetes epidemic shows no signs of slowing, but is there any way to prevent type 2 diabetes? Yes — by following a few simple practices, you can decrease the risk of

Diabetes Expert Q&A

What's for Breakfast?

"I know breakfast is important. What are good breakfast foods for diabetics?"

Read the full [response.](#)

Dr. Asqual Getaneh is an expert in the treatment of diabetes and an assistant clinical professor of medicine at Columbia University in New York.



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diabetes and improve your overall health to boot. [Find out how to cut your diabetes risk.](#)

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Diabetes Poll

What's your greatest challenge in living well with diabetes?

- Remembering to check blood sugar regularly
- Taking medication
- Paying attention to food choices
- Getting enough exercise
- Seeing your doctor for checkups
- Something else

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