

Wellness Tidbits

November is American Diabetes Month



WHAT IS TYPE 2 DIABETES?

Roughly 1 in 10 Americans have diabetes, but what might be startling to know is that out of those +34 million Americans with diabetes, 90-95% have type 2 versus type 1 diabetes – so what is the difference?

With Type 1 diabetes your pancreas doesn't make insulin or makes very little insulin (often diagnosed in childhood). Whereas type 2 diabetes is when the cells in your body don't respond normally to insulin, the hormone made by the pancreas to let blood sugar into the cells and use for energy. This condition results in too much sugar circulating in the bloodstream; high blood sugar levels can eventually lead to disorders of the circulatory, nervous, and immune system.

Losing weight, eating well and exercising are all ways that you can manage the disease. As a TSHBP member, another valuable tool to manage your health with type 2 diabetes is Virta.

To learn more, visit [tshbp.org/virta-health](https://www.tshbp.org/virta-health).

Resources:

<https://www.mayoclinic.org/diseases-conditions/type-2-diabetes/symptoms-causes/syc-20351193>

<https://www.cdc.gov/diabetes/basics/type2.html>

<https://www.cdc.gov/diabetes/basics/what-is-type-1-diabetes.html>

New! Virta is a medically supervised, research-backed treatment to reverse type 2 diabetes through nutritional ketosis without calorie-counting, surgery or more medication. **The Virta treatment includes:**

- Medical Supervision
- Personal, 1-on-1 Health Coach
- Tools for Biomarker Feedback
- Mobile and Desktop App
- On-Demand Resources
- Private Virta Community



Join the Monthly TSHBP Fitbit® Challenge!

How to Play

- 1) Read the article above.
- 2) Click the button on the right to answer
- 3) A winner will be chosen randomly from correct responses

Fill in the Blank

1 in ___ Americans have diabetes.

**ANSWER FITBIT®
CHALLENGE HERE!**



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