

My Diabetes



My Diabetes Project – Diabetes information and services in Europe for women and their families is coordinated by:

European Institute of Women's Health

www.eurohealth.ie

Risk Factors for Diabetes

As you might have been able to tell from previous discussion, being overweight and inactive are two of the greatest risk factors for developing Type 2 diabetes. Women who have experienced gestational diabetes during pregnancy are more likely to develop Type 2 diabetes.

Sometimes, when people have higher than normal blood glucose levels (but not high enough to officially have diabetes) they can be diagnosed as being prediabetic. While prediabetes means you are at a higher risk of developing Type 2 diabetes and heart disease or getting a stroke later in life, you can help prevent these illnesses by changing your diet and taking some moderate physical activity.

It can even be possible to return to normal blood glucose levels, maybe without even taking any medication.