



# DIABETES? Let Me Explain: Everything you need to know, Diabetes, blood sugar, diet, cures and more

*Carole Mckenzie*

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Knowing all there is to know about diabetes and all the facts, figures and things to watch out will benefit not just yourself but also someone you know or care about who has diabetes. Each year, diabetes causes more deaths in the United States than AIDS or breast cancer combined. Diabetics tend to have double chances of also getting a heart attack.

The good news is that controlling diabetes can help reduce risks for complications due to this disease. When it comes to developing diabetes, there are risk factors such as age, ethnicity and family history that do play roles. The bad news is that people tend to disregard other diabetes risk factors and think that weight is the only diabetes type two risk factor.



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