



HEALTH AWARENESS

Helpful Resources For Full-Figured Women With Diabetes

(NAPSA)—Good news for those with type 2 diabetes. There are a number of things they can do to manage the condition—and a growing number of resources to turn to for good advice.

In type 2 diabetes, either the body does not produce enough insulin or the cells ignore the insulin.

Many believe that staying fit and active is critical when it comes to managing the disease. Information about diet and lifestyle can also help to keep you healthy. In addition to Web sites such as the one maintained by the American Diabetes Association (www.diabetes.org), some magazines are also making an effort to provide readers with accurate and useful information.

For example, a recent issue of *Figure* magazine, the publication that celebrates plus-sized women, offered helpful tips for keeping your blood glucose level in check, such as:

- See your doctor regularly. This can also help you monitor your blood pressure and cholesterol. Keeping them under control can help you manage diabetes.
- Enroll in a diabetes education class. Instructors can provide you with information about medications, meal planning, exercise and medical exams.
- Meeting with a registered dietitian can help you develop realistic meal plans that help to



Fitness is key—Many believe that staying active is important when it comes to managing type 2 diabetes.

keep blood sugar at acceptable levels and lose weight.

- Take your medication faithfully, as directed.
- Challenge yourself to 30 to 60 minutes of physical activity most days.

Described as a magazine for women of all shapes and sizes, *Figure* has sections on fashion; beauty; health and fitness; body, mind and spirit; and relationships. It's designed to help plus-sized women lead full lives and find a sense of community.

Visit www.FigureMagazine.com for more information.