

## Diabetes and Longevity

Recent data from a large study of over 800,000 people shows the devastating effects of high blood sugar on health and longevity. Currently, an estimated 26 million people already have type 2 diabetes, and more than 79 million people have pre-diabetes.

When comparing people with diabetes to non-diabetics in the study, and controlling for age, smoking status, and body weight, researchers found that people with diabetes were:

- 1.8 times more likely to die from any cause during the duration of the study
- 1.25 times more likely to die from cancer
- 2.32 times more likely to die from heart disease or stroke
- 1.73 times more likely to die from other causes such as liver disease, kidney disease, infectious disease, mental disorders, and digestive diseases.

In this study published in the *New England Journal of Medicine*, those with diabetes died 6 years sooner than those without diabetes.

There is good news, however. For the diabetics whose blood sugar levels were well-managed (less than 100 mg/dL), there was very little increased health risk. Most of the risk was linked to high blood sugar levels. Another study looked at those with diabetes who exercised regularly. Exercise is one good way to lower blood sugar levels. Compared to non-exercisers, those who got 30 to 40 minutes or more of brisk walking daily cut their risk of dying early in half.

**The bottom line is this: Approximately 90 percent of type 2 diabetes cases could be prevented if people avoided the risk factors: smoking, being obese, being inactive, and having a poor diet (low in dietary fiber, high in refined carbohydrates and sugar, and high in saturated or trans fats).**

If you have diabetes, be careful to manage your blood sugar levels, get regular exercise, and eat well. These steps can minimize your risk significantly. Be proactive. Live a healthy lifestyle and prevent the serious complications diabetes can bring.

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Source:

*New England Journal of Medicine.*

*American Diabetes Association.*



**“Tell her you like long walks in the country and snuggling on the sofa, but don’t mention anything about drinking from the toilet.”**