

Leader Talking Points – Diabetes

- Diabetes is a serious disease that affects how the body uses blood sugar (glucose).
- There are two major forms of diabetes: type 1 diabetes and type 2 diabetes.
- Type 1 diabetes is a genetic condition characterized by a lack of insulin production; it is typically diagnosed early in life.
- Type 2 diabetes develops over time and results from the body's ineffective use of insulin; it is mainly a lifestyle-related condition and largely preventable.
- More than 95% of diabetics have type 2 diabetes.
- Risk factors of developing type 2 diabetes include:
 - Being overweight.
 - Being sedentary.
 - Being diagnosed with prediabetes (a condition in which your blood sugar is elevated but not at a level high enough to be called diabetes).
 - Having a combination of high blood pressure, high cholesterol, and/or high triglycerides.
 - Being 45+ years of age.
 - Having a parent or sibling with diabetes.
 - Having had gestational diabetes.
- When left untreated, diabetes can cause health complications in many parts of the body and increase overall risk of premature death.
 - Diabetes is a major cause of blindness, kidney failure, heart attacks, stroke, and lower limb amputation.
- Simple lifestyle measures have been proven effective in preventing or delaying the onset of type 2 diabetes, including:
 - Maintaining a healthy body weight.
 - Staying physically active (at least 30 minutes of moderate-intensity activity on most days).
 - Eating a healthy diet low in sugar and saturated fats.
 - Avoiding or stopping tobacco use.
- People with diabetes can live long and healthy lives when their diabetes is detected and well managed; a simple blood test can quickly confirm a diagnosis.
- U.S. Caterpillar employees may schedule a no-cost Caterpillar Health Exam, which includes an A1C test— a measurement of blood sugar that indicates risk for diabetes. Contact your local Caterpillar Medical station or call **877-838-0596** for more information.