

## **SUMMER SELF-CARE**

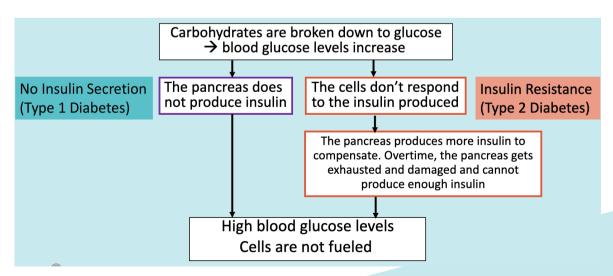
Week 6 • July 28, 2021 • Ruyu Liu, MS, RD

## No Sugarcoating It

## This week's takeaways

- Diabetes is an illness where patients have high glucose levels due to insulin resistance or lack of insulin production
- There are three types of diabetes, Type I, Type II, and gestational
- Smoking, elevated weight status, poor diet, reduced exercise, and increased alcohol consumption can increase your risk of developing type II diabetes

## What does it mean to have diabetes?



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