



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?

