

NOVEMBER: DIABETES AWARENESS MONTH

John Myers, DO, Baylor Scott & White Health

{**ON CAM**}

MORE THAN THREE TIMES THE POPULATION OF TEXAS – THAT’S HOW MANY AMERICANS CURRENTLY LIVE WITH PRE-DIABETES.

BUT MANY DON’T KNOW THEY HAVE IT.

{**TAKE VO**}

PRE-DIABETICS HAVE HIGHER-THAN-NORMAL BLOOD SUGAR LEVELS ... BUT AREN’T YET DIABETIC.

AND THAT MEANS THERE’S TIME TO REVERSE THE TREND.

WHAT ARE SOME EARLY WARNING SIGNS?

DOCTOR JOHN MYERS SAYS ONE TIP-OFF IS NERVE PAIN IN THE HANDS OR FEET.

WHEN BATTLING PRE-DIABETES ... HERE’S ONE OF THE FIRST SWITCHES HE ADVISES HIS PATIENTS TO MAKE:

{**TAKE SOT**}

John Myers, DO

Baylor Scott & White Health

TRT: 12

“I mean, we’ve had people come in with uncontrolled diabetes, uh, extremely high average blood sugar who just stopped drinking sodas or sweet tea and their sugar is normalized. I mean, it’s amazing.”

{**ON CAM**}

LOSING WEIGHT EVEN JUST A LITTLE ... IS ALSO SHOWN TO REVERSE PRE-DIABETES. STUDIES SHOW LOSING JUST FIVE PERCENT OF BODY WEIGHT CAN BE EFFECTIVE.