



Diabetes



Have you been recently diagnosed with diabetes?

3 tips to reduce the effects of Diabetes



1. Visit your doctor regularly

Seeing your doctor once a year will help your doctor get to know you. Together you can build a plan that fits you in helping you control and reduce your blood sugar levels.

2. Exercise daily

Walking more and sitting less is a good start towards a healthier lifestyle. Daily exercise will lower your blood sugar, reduce weight, increase circulation, and improve your overall health. Visit your Pascua Yaqui Wellness center today for more tips.

3. Well balanced diet

Eating a plant based diet and avoiding sugary drinks can help to reduce the effects of diabetes. Visit the Pascua Yaqui Diabetes Prevention and Treatment Program at for more information on meal planning and other tips.



The highest chronic disease on the reservation



Nearly 2 of 5 of the Pascua Yaqui Tribe's hospitalizations are due to diabetes.



Diabetes can cause heart disease, blindness, loss of limbs, kidney failure, and early death among many other physical problems.

For more information about preventing or managing diabetes, call the Diabetes Prevention and Treatment Program:

Christine Chavez: 879 6201, Juanita Theis: 879 6202, or Stacy Percy, Community Dietician: 879 6137

