Why Diabetes is a Big Risk for Men

Diabetes is a serious condition that can affect men and women, though as a man, you are often at a higher risk. Diabetes is the 6th leading cause in men according to the Centers for Disease Control and Prevention, with your risk increasing as you age. Take a look at the facts about men and diabetes so you can prevent it or get help managing it if you have already been diagnosed.

**Men with a Higher Risk**

Before looking at what diabetes is and how it can affect you, you should know if you are at risk for getting it. Typically, a man who is of older age is already at a higher risk, especially when you reach middle age. You might also be at risk if you are overweight, are mostly sedentary with very little exercise, and if your diet is high in carbs and sugar. If you had a parent with diabetes, you might also be at risk for getting it at some point in your life.

**Early Warning Signs**

To check for diabetes, it is as simple as getting a blood test from your doctor. However, your doctor might not automatically test for the disease unless you have a high risk factor. It is also good to know what the main signs are before you get an actual diagnosis. While it can vary, for type 2 diabetes, warning signs often include urinating frequently and having excessive thirst that never seems to go away. Other signs may soon follow, but these tend to be the first ones you will notice.

**Preventing Diabetes**

If you are a man that is at high risk or you are nearing middle age, now is the time to start preventing diabetes. This begins with having a healthy lifestyle, including eating a healthy diet with high fat foods and low sugar and carbohydrates. You also want to get regular exercise to maintain a normal weight. Start getting tested for diabetes if you are a high risk, like a family member with the disease or if you are obese. That way, you can get treatment as soon as possible.

Diabetes does not have a cure, but it is very treatable. Your chances of complications are much lower when you pay close attention to your health and follow’s doctor’s orders for treating the disease. Don’t forget to get that test if you are concerned you might have diabetes!