



Press Release
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Keep Diabetes Under Control with Proper Diet and Daily Physical Activity

KCHD urges you to monitor your diet; establish a pattern of eating; and eat healthy

KNOX CITY, Texas (JAN 20, 2023) – Living with diabetes does not have to be stressful or life-changing. Instead, proper and careful management of the disease can result in a long, healthy life when you make smart decisions about what you eat, the amount of exercise you get, and checking in regularly with your healthcare provider.

“If you have diabetes, you probably already know that among your biggest challenges in managing the disease is how you eat,” said Dr. Michael Bennington at the Munday Clinic. “Weight-management and eating healthy are key to keeping the disease under control as it helps to manage your energy level and overall state of well-being.”

There are three key steps to keep in mind when managing your diet as a diabetic. “It is important to monitor what you eat, establish a regular pattern of eating, and reach for healthy choices,” explained Dr. Bennington. Monitoring what you eat includes paying attention to the number of calories as well as to portion sizes. Establishing a regular pattern of eating means getting three meals a day and no more than 3 snacks per day. It also helps to establish a regular time of eating. “Reaching for healthier choices is self-explanatory,” said Dr. Bennington. “What you eat not only has an impact on your weight but it also affects your energy level.”

According to the Centers for Disease Control and Prevention (CDC), diabetes is the seventh leading cause of death among Americans. For those living with diabetes, carefully following a diet and exercise program recommended by a healthcare provider is key to managing the disease.

In general, it is important to eat balanced meals which should include a healthy mix of starches, fruits and vegetables, proteins, and even fats. It is also important to pay attention to which types of carbohydrates go into each meal to better manage blood glucose. Sugary drinks should be avoided, since they can cause blood sugar to rise quickly.

Planning meals ahead of time and keeping healthy snacks on hand when out and about can help ensure that you are getting the foods you need to manage your blood glucose level without putting you at risk.

MORE



Keep Diabetes Under Control

Page 2

There are three main types of diabetes, The most common is Type 2 which encompasses approximately 90 percent of diabetics. Risk factors include older age, obesity, family history, and lifestyle factors such as smoking and lack of physical exercise. Type 1 diabetes typically occurs in adolescence. The third type of diabetes is called gestational diabetes. It is otherwise known as diabetes while pregnant.

Diabetes and prediabetes can be detected by a simple blood test available through Knox County Hospital District.

“We encourage regular check-ins with your medical provider here at Knox County, in addition to watching what you eat and getting the appropriate amount of physical activity in your routine,” urged Dr. Bennington. “Having diabetes is certainly not a death sentence but it is important to stay vigilant especially as it relates to your diet.”

About Knox County Hospital District

Founded in 1926, Knox County Hospital District provides healthcare for residents of Knox County and surrounding areas. The district offers a wealth of medical services, including 24-hour emergency care, advanced radiology services, a clinical laboratory, home health, physical therapy, long-term care, patient education, and more. For additional information, please call 940-657-3535 or visit www.knoxhospital.org.

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