

**LOWERING YOUR RISK FOR DIABETES (VO/SOT/VO)**  
**DR. JOHN MYERS, FAMILY MEDICINE, BAYLOR SCOTT & WHITE HEALTH**

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{\*\*INTRO\*\*}

MORE THAN HALF OF THE ADULT US POPULATION HAS DIABETES OR PRE-DIABETES... [ACCORDING TO THE JOURNAL OF THE AMERICAN MEDICAL ASSOCIATION](#) - THAT MEANS THAT EVEN IF YOU AREN'T CURRENTLY A DIABETIC, YOU MAY NEED TO BE TAKING PRECAUTIONS AGAINST BECOMING ONE.

{\*\*TAKE VO\*\*}

ONE OF THE BIGGEST RISK FACTORS FOR DIABETES IS A HIGH BODY WEIGHT. CENTRAL TEXAS FAMILY MEDICINE DR. JOHN MYERS OFTEN HELPS PATIENTS LOOKING TO LOWER THEIR RISK AND HE SAYS DON'T BE INTIMIDATED BY THOSE GLOOMY NATION-WIDE STATISTICS- EVEN A LITTLE PERSONAL PROGRESS CAN YIELD BIG RESULTS.

{\*\*TAKE SOT\*\*}

"So for somebody weighs 200 pounds, losing 10 pounds will decrease their long-term risk of getting diabetes by 60 percent. So your initial weight, your initial fat cell that you lose come out of your pancreas, come out of your liver, they come out of your organs"

{\*\*VO CONT'D\*\*}

BUT HE SAYS FOR WEIGHT LOSS TO BE HELPFUL- YOU NEED HEALTHY HABITS INCLUDING EXERCISE AND DIET TO HELP MAKE IT PERMANENT. LOSING AND THEN GAINING LOTS OF WEIGHT CAN SUPPRESS YOUR METABOLISM, MAKING FUTURE WEIGHT LOSS EVEN HARDER.

{\*\*TAG\*\*}

FOR A SUSTAINABLE APPROACH- HE RECOMMENDS PEOPLE GET WITH THEIR DOCTOR AND COME UP WITH A PLAN THAT CAN FIT INTO THEIR EXISTING LIFESTYLE, RATHER THAN YO-YO OR CRASH DIETING.