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-TAN-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.