Reducing Your Risk of Type 1 Diabetes

by Karen Schroeder, MS, RD

En Español (Spanish Version)

Currently, there is no way to prevent type 1 diabetes mellitus. Researchers are investigating the possible causes of type 1 diabetes.

However, if you have diabetes already, you can reduce your risk for complications from this disease by keeping blood sugars within a normal range, keep your blood pressure and cholesterol low. This is done through a combination of insulin, a healthful diet, and regular exercise, and likely a medicine for blood pressure and cholesterol. Talk with your doctor to determine what is a healthful blood glucose range for you (or your child).

REFERENCES:

