



FALL 2025

Wellness Guide

BY HEALTH FOR ALL

FALL FOCUS

Managing Diabetes



STAGES OF TYPE 2 DIABETES

And how they each stage progresses

SUPRISING BENEFITS OF OATMEAL

How it Helps control blood sugar

DIABETES SIDE EFFECTS AND COMORBIDITIES

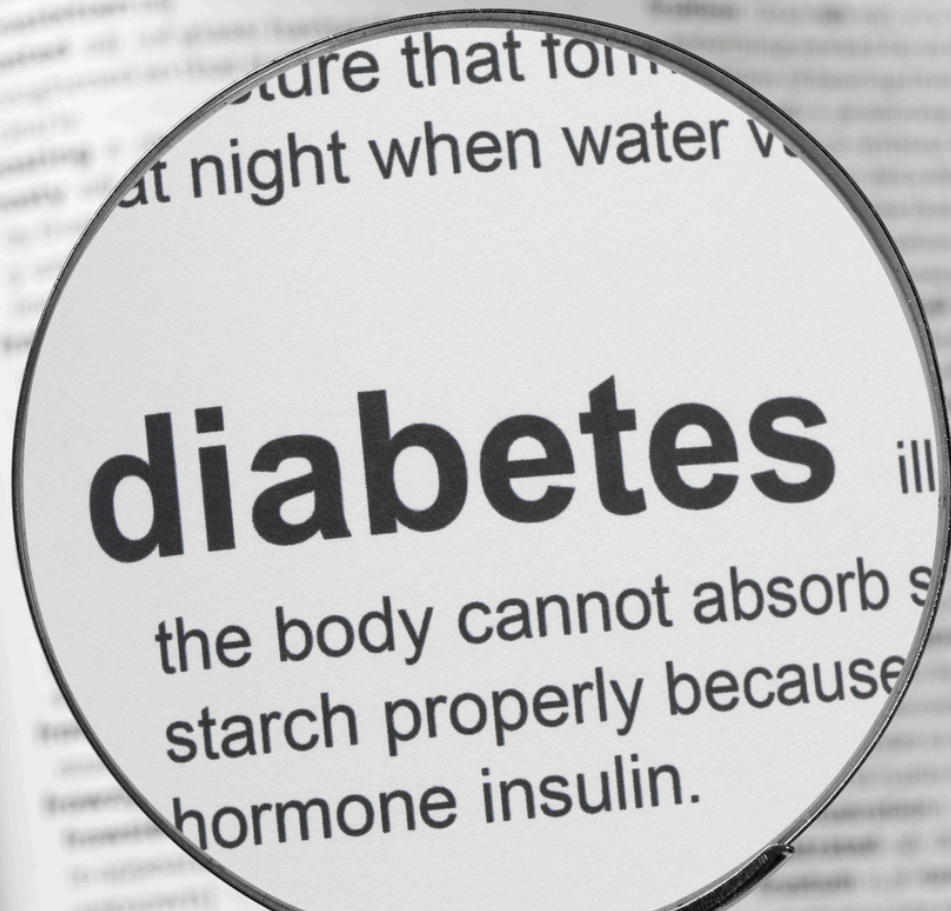
Preventing long-term complications

WHAT IS INSULIN SENSITIVITY?

How can you tell whether you have insulin resistance?

LOWERING THE COST OF PRESCRIPTIONS

How TrumpRX could make medications more affordable



Stages of Type 2 Diabetes and How They Progress

Type 2 diabetes is a chronic and progressive condition that develops gradually as the body's ability to regulate blood sugar declines.

It typically progresses through four stages: **insulin resistance**, **prediabetes**, **type 2 diabetes**, and **type 2 diabetes with vascular complications**.

During the insulin resistance stage, the body still produces enough insulin to maintain normal blood sugar levels, but its effectiveness begins to decrease.

Early detection is key. Regular physical activity, a balanced diet, and certain medications can help slow the progression of the disease and support better long-term management of blood sugar levels.

Stage One: Insulin Resistance

Insulin resistance is often the earliest indicator of problems with blood sugar regulation, developing years before a diagnosis of type 2 diabetes. When you eat, your body converts food into glucose (sugar), which enters the bloodstream.

In response, the pancreas releases insulin, a hormone that helps move glucose from the blood into the body's cells, where it is used for energy. However, when the body becomes resistant to insulin—meaning the cells don't respond effectively—blood sugar levels begin to rise.

As blood sugar accumulates, the liver and muscles start storing the excess glucose. Once their capacity is reached, the liver sends the remaining sugar to fat cells, where it is converted and stored as body fat.

Although this early stage of insulin resistance often goes unnoticed, it can trigger subtle changes in the body that increase the risk of serious health problems over time.



INSULIN
RESISTANCE



Stage Two: Pre-diabetes

Prediabetes occurs when your blood glucose levels are higher than normal but not yet high enough to be diagnosed as diabetes. Although it can often be reversed with healthy lifestyle changes—such as improving your diet and increasing physical activity—prediabetes still raises your risk for type 2 diabetes, heart disease, and stroke.

Like insulin resistance, prediabetes usually develops without obvious symptoms. Most people only discover it after a blood test shows elevated glucose levels.

Your risk for prediabetes increases if you have:

- Excess body weight or obesity
- Low physical activity levels
- A parent or sibling with diabetes
- A history of high cholesterol, high blood pressure, heart disease, or stroke
- Polycystic ovary syndrome (PCOS)

Prediabetes is also more common among African Americans, Hispanics/Latinos, Native Hawaiians, Pacific Islanders, Asian Americans, Alaska Natives, American Indians, and adults aged 45 and older.

Can you prevent prediabetes from turning into diabetes?

Yes, prediabetes is reversible. Think of it as a warning signal. Eating healthy, losing extra weight through regular physical activity, and taking prescribed medications can get your blood sugar levels back in a normal range.



TYPE 2 DIABETES

Stage 3: Type 2 Diabetes

With type 2 diabetes, blood glucose levels reach a dangerously high range. A normal fasting blood sugar level is 99 milligrams per deciliter (mg/dL) or lower. Levels between 100 and 125 mg/dL indicate prediabetes, while readings of 126 mg/dL or higher confirm a diagnosis of type 2 diabetes.

Some people with type 2 diabetes may not experience any noticeable symptoms at first, while others may have mild signs that gradually worsen over time.

Common symptoms of type 2 diabetes include:

- Increased thirst and frequent urination
- Blurred vision
- Increased hunger
- Numbness or tingling in the hands or feet (peripheral neuropathy)
- Slow-healing or non-healing wounds (diabetic ulcers)

Signs Blood Sugar Is Not Under Control

Even when you are following your diabetes treatment plan, blood sugar may get out of control due to the condition's progressive nature. If you notice signs of your blood sugar slipping out of the normal range, contact your healthcare provider immediately to discuss your treatment plan .

Stage 4: Type 2 Diabetes With Vascular Complications

In the final stage of type 2 diabetes, long-term high blood sugar causes damage to the body's blood vessels, leading to serious vascular complications. These may include diabetic retinopathy, atherosclerosis, and diabetic nephropathy. Such conditions can reduce life expectancy and are major causes of blindness and end-stage kidney disease in people with type 2 diabetes.

Diabetic Retinopathy:

The small blood vessels in the back of the eye become swollen and may leak fluid, leading to vision problems. Over time, this can cause retinal detachment, glaucoma (optic nerve damage), or cataracts (a cloudy eye lens), all of which can result in vision loss.

Atherosclerosis:

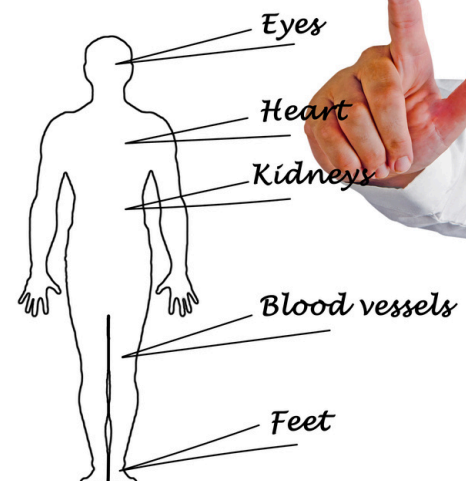
Fat and cholesterol build up inside the arteries, forming plaque that hardens and narrows them. As the arteries become more restricted, blood flow decreases. If a plaque completely blocks an artery, it can trigger a heart attack or stroke.

Diabetic Nephropathy:

Prolonged high blood sugar can harm the kidneys' filtering system, making it difficult for the body to remove waste and excess fluid. As kidney damage progresses, it may lead to kidney failure, requiring regular dialysis or a kidney transplant.



Diabetes Complications



DIAGNOSIS

Type 2 diabetes is usually diagnosed with a blood test called the Hemoglobin A1C (A1C) test. This test shows the average blood sugar levels over the previous few months. A diagnosis of diabetes is made if the A1C result is 6.5% or higher on two separate occasions, while results between 5.7% and 6.4% suggest prediabetes.

Slowing Progression

If you already have type 2 diabetes, the same strategies used for prevention also help manage the condition:

1. Eat a balanced diet and stay active

Focus on a nutritious, low-calorie diet that includes fruits, vegetables, lean or plant-based proteins, whole grains, and low-fat or fat-free dairy products. Regular physical activity is equally important—aim for at least 150 minutes of moderate-intensity or 75 minutes of vigorous-intensity aerobic exercise each week, along with two strength-training sessions.

2. Maintain a healthy weight

Healthy eating and regular exercise can support weight loss and improve insulin sensitivity. Work with your healthcare provider to set a realistic weight goal and develop a personalized plan to achieve it.

3. Take medications as prescribed

Your healthcare provider may recommend diabetes medications or insulin to help regulate your blood sugar. Always follow your prescribed treatment plan and communicate any concerns about side effects or changes in your symptoms.

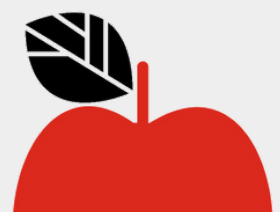
Type 2 diabetes is a progressive condition, meaning blood sugar can become harder to control over time. Regular check-ins with your healthcare team are essential to adjust your treatment plan and reduce the risk of serious complications.



Managing and Slowing the Progression of Type 2 Diabetes

The most effective way to prevent or slow the progression of type 2 diabetes is to maintain healthy blood sugar levels. If you've been diagnosed with insulin resistance or prediabetes, it's still possible to prevent diabetes from developing.

A reading below 5.7% indicates normal blood sugar levels.



BENEFITS OF OATMEAL FOR DIABETES

Oatmeal can be good for diabetes when you choose oats without added sugars. Oatmeal provides benefits, including boosting heart health, better glucose control, and improved insulin sensitivity.

Boosts your Fiber Intake

Oats are rich in fiber, and diets high in fiber are associated with improved metabolic outcomes (such as reduced cholesterol and better insulin sensitivity) and a reduced risk of diabetes and certain cancers. Oats contain soluble fiber which is associated with various health benefits, which include:

- Lowering insulin resistance
- Reducing blood cholesterol
- Reducing obesity risk
- Supporting the immune system to combat cancer

Helps Control Blood Sugar

The beta-glucan fiber in oats slows digestion and allows for a slower delivery of glucose into the bloodstream, which can impact your post-meal blood sugar.

In a meta-analysis, researchers found that people with type 2 diabetes who supplemented with soluble fiber reduced fasting glucose levels. It also improved A1c levels.

Xie Y, Gou L, Peng M, Zheng J, Chen L. [Effects of soluble fiber supplementation on glycemic control in adults with type 2 diabetes mellitus: A systematic review and meta-analysis of randomized controlled trials.](#)

Hemoglobin A1c (also called HbA1c or just A1c) is a test used to measure blood sugar levels over 2-3 months.



Improves Insulin Sensitivity

Consuming soluble fiber, like the fiber provided by oats, is also associated with better fasting insulin levels and decreased insulin resistance.

One research review and meta analysis specifically looked at oatmeal consumption, glucose control, and insulin sensitivity. After reviewing data from a collection of studies, review authors found that after eating oatmeal, people with diabetes had improved glucose control and better insulin responses compared with people who consumed a control meal.

Supports Heart Health

Many people with diabetes have comorbid (coexisting) conditions, such as high cholesterol. Soluble fiber has been shown to help reduce cholesterol. It binds to cholesterol in the intestine and removes it from the body.

Experts agree that consuming 3 grams of beta-glucans daily from oats or barley can lower blood cholesterol. About 75 grams of whole grain oats contain around 3 grams of beta-glucan.



- **Fiber is satiating;** it moves more slowly through your digestive tract, making you feel fuller for longer periods. Eating a higher-fiber diet is one strategy for losing weight and contributing to overall health.
- For people with diabetes, weight loss (when indicated) can help reduce insulin resistance and improve glycemic control. Research shows moderate weight loss, about 5% to 10% of body weight, can improve obesity-related metabolic risk factors.



Oatmeal Contributes to Gut Health

Soluble fibers like beta-glucan can contribute to gut health by helping to increase the diversity of good bacteria in the gut.⁹ Having more bad bacteria and fewer good bacteria (a condition known as dysbiosis) is one factor contributing to the progression of insulin resistance in type 2 diabetes.

Increased intake of fiber-rich foods like oatmeal can improve insulin sensitivity and support gut health.

Oatmeal May Boost Longevity

In addition to the other important benefits that fiber provides, consuming foods with fiber, like oats, may also help you live longer.

A 2021 research review investigated the relationship between oat intake and all-cause mortality (death from any cause). Researchers found that not only was oat consumption associated with a lower risk of all-cause mortality, but it was also associated with a decreased risk for type 2 diabetes.

1. Another 2024 study looked at the relationship between fiber intake and overall health. Study authors concluded that even though it is hard to draw specific links due to the variety of foods with fiber, fiber intake is associated with overall improved health and reduced risk of chronic disease, especially colon cancer, obesity, and cardiovascular disease (Alahmari LA. [Dietary fiber influence on overall health, with an emphasis on CVD, diabetes, obesity, colon cancer, and inflammation](#). Front Nutr. 2024 Dec 13;11:1510564. doi:10.3389/fnut.2024)

DIABETES SIDE EFFECTS AND COMORBIDITIES

When an individual has diabetes, it requires a lifestyle change. If changes aren't made, diabetes can lead to other health conditions.

Research shows that diabetes and cardiovascular disease frequently occur together, and the two conditions can influence one another in ways that increase overall health risks. People with long-standing diabetes and heart-related conditions are more likely to develop additional complications, such as:

- Stroke
- Congestive heart failure
- Coronary artery disease
- Peripheral vascular disease

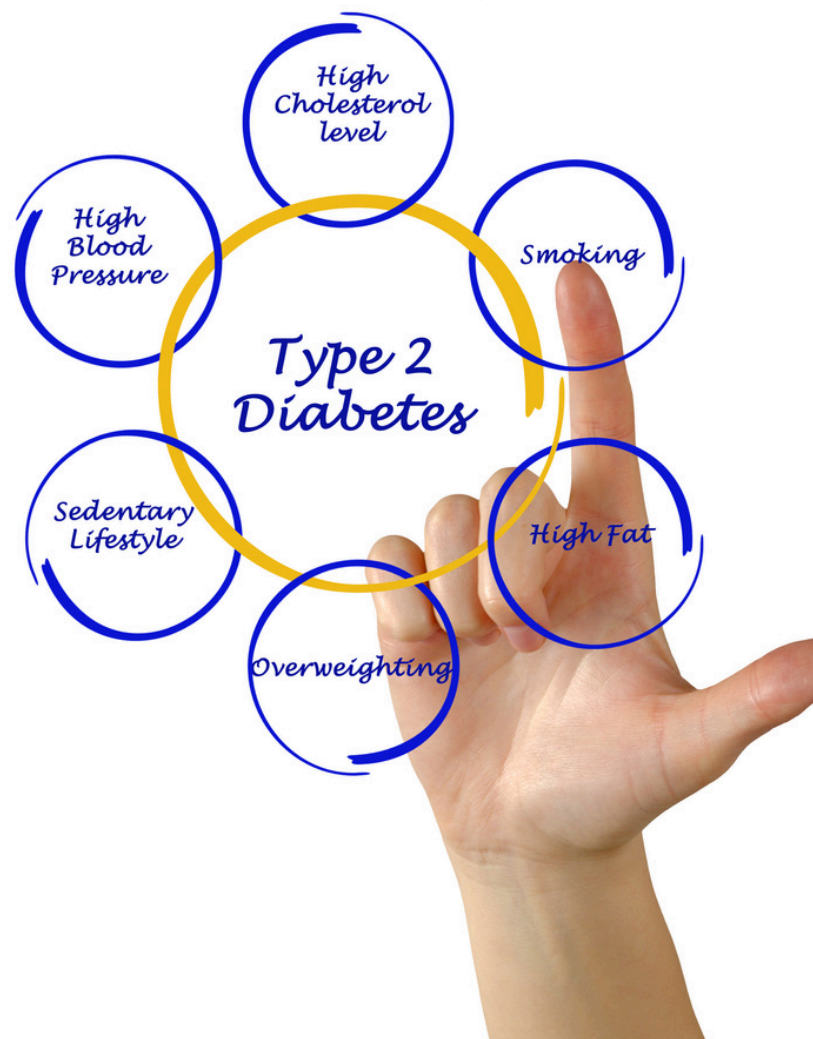
For individuals with type 2 diabetes, the risk of cardiovascular illness and death is significantly higher than for those without diabetes. This increased risk is strongly linked to poor blood sugar control.

Additional factors that contribute to both diabetes and heart disease include:

- Obesity
- Smoking
- Low levels of physical activity

These shared risk factors make it even more important to manage both conditions proactively.

Research also shows that for people with type 1 diabetes, cardiovascular disease is a leading cause of mortality. Because of this, it is essential to work closely with a healthcare professional to understand each condition and follow the recommended treatment plan for managing both effectively.



DIABETES

COMORBIDITIES

- Cardiovascular Disease
- Dry Mouth
- Erectile Dysfunction
- Fatigue
- Foot Ulcers
- Gum Disease
- Hearing Loss
- Hypoglycemia
- Kidney Failure
- Memory Loss
- Neuropathy
- Obstructive Sleep Apnea
- Skin Infections
- Vision Impairment



If you are an individual who is living with diabetes, it is important to follow the plan that a healthcare provider has created for you.

It is also important to educate yourself on your condition so you can have a healthy quality of life and prevent any complications. If you have questions or concerns about your condition, a Health for All healthcare provider can help.

What Is Insulin Sensitivity?

Insulin sensitivity describes how effectively your body responds to insulin—the hormone that helps move glucose (sugar) from the bloodstream into your cells.

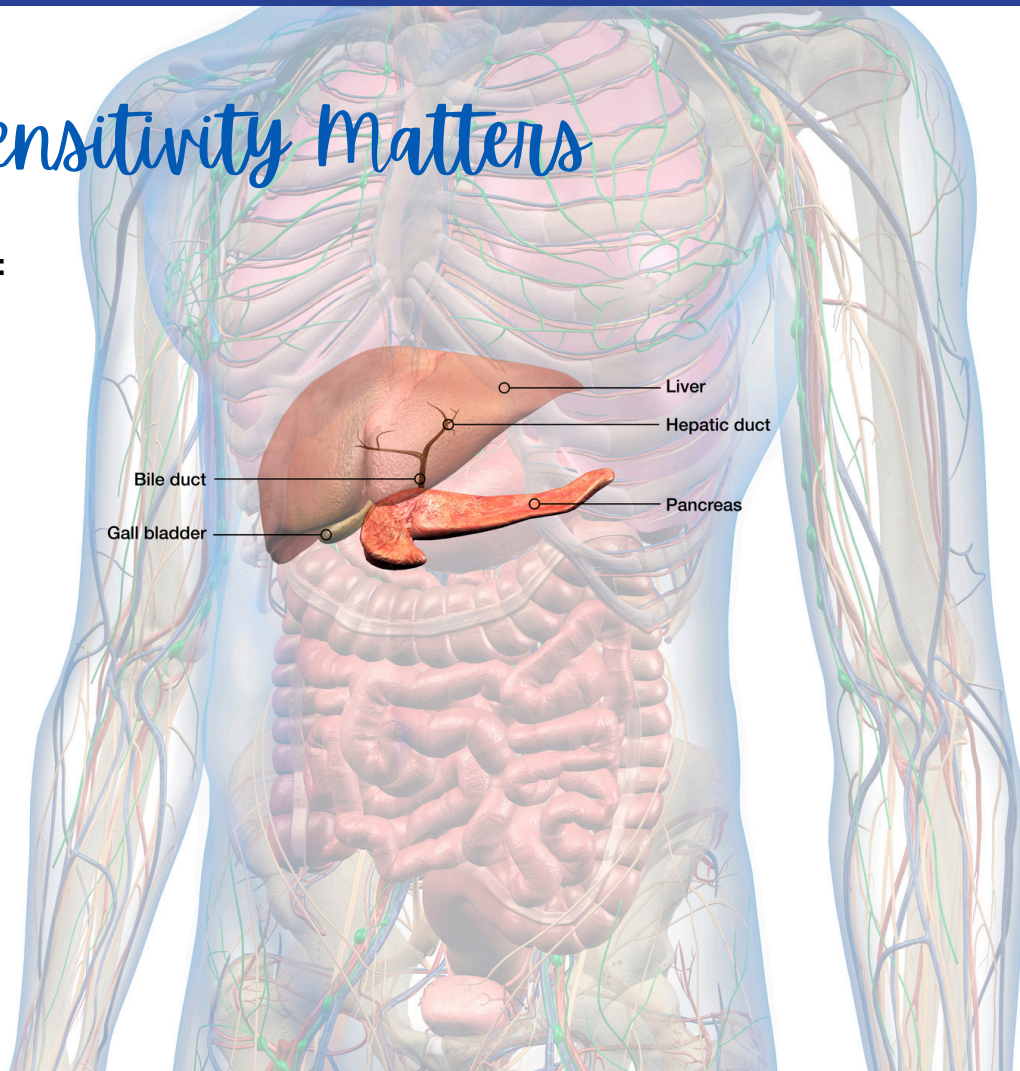
When someone has high insulin sensitivity, their body needs only a small amount of insulin to keep blood sugar at healthy levels.

When someone has low insulin sensitivity (also called insulin resistance), the body must produce much more insulin to accomplish the same task.

Why Insulin Sensitivity Matters

Low insulin sensitivity can lead to:

- Chronically high insulin levels
- Rising blood sugar
- Prediabetes
- Type 2 diabetes
- The buildup of belly fat
- Greater risk for heart disease



What Affects Insulin Sensitivity

Several factors influence whether your sensitivity is high or low:

Things that reduce insulin sensitivity:

- Excess body fat, especially around the waist
- Physical inactivity
- Chronic stress
- Poor sleep
- Certain medications
- Hormonal changes
- Genetic predisposition
- Aging

Things that improve insulin sensitivity:

- Regular exercise (especially strength training and aerobic activity)
- Weight loss if overweight
- Eating whole foods, high fiber meals, lean proteins, and healthy fats
- Getting enough sleep
- Reducing stress
- Avoiding tobacco

Diet and Insulin Sensitivity

Foods that help:

- Vegetables, whole grains, legumes
- Lean protein or plant-based protein
- Healthy fats (avocado, olive oil, nuts)
- Foods high in soluble fiber

Foods that harm:

- Refined carbs (white bread, sweets, sugary drinks)
- Highly processed foods
- Excess saturated fat



TRUMPRX - WHAT IS IT?

What Is TrumpRx—and How It Could Make Medications More Affordable

A new initiative called TrumpRx, announced in 2025, aims to revolutionize how Americans buy prescription drugs. Instead of going through traditional pharmacies and insurance, TrumpRx will let consumers purchase medications directly from drug manufacturers—potentially at far lower prices.



Why TrumpRx Was Created

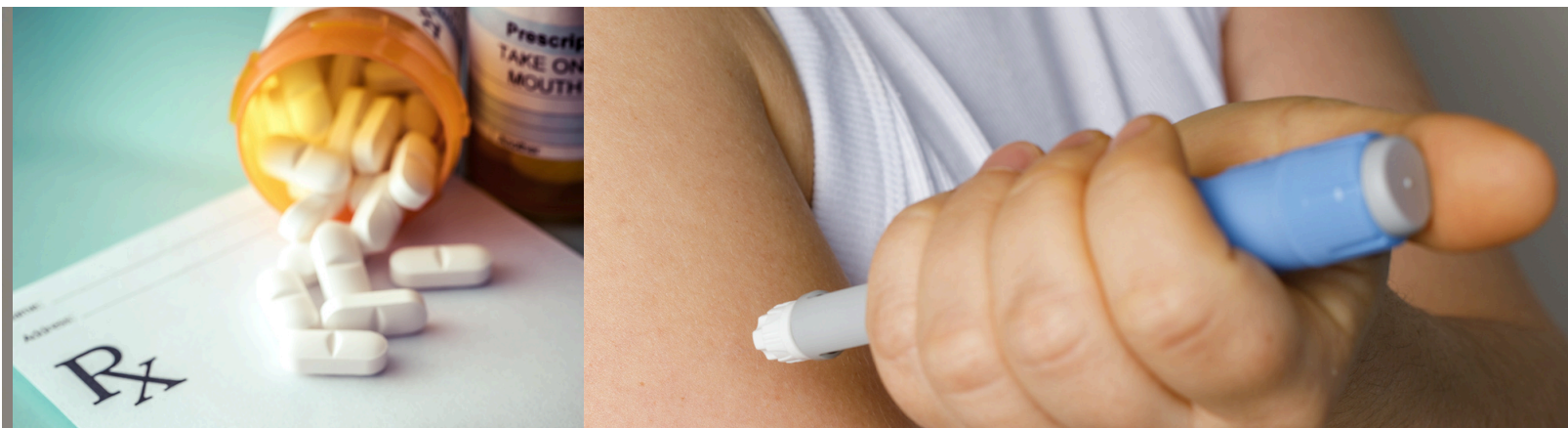
- Prescription drug prices in the U.S. are among the highest in the world. Other countries pay significantly less for the same brand-name drugs. Trump administration officials argue that American consumers have been subsidizing global drug development for years.
- By linking U.S. drug prices to what other countries pay (a strategy known as “most-favored-nation” pricing), TrumpRx seeks to undercut inflated domestic costs.
- The program is backed by a major deal: Pfizer has agreed to provide many of its primary-care and specialty drugs directly through the TrumpRx platform at deep discounts.

How TrumpRx Will Work

- The TrumpRx website is expected to launch in early 2026.
- On the site, consumers will search for their prescription and be directed to the manufacturer’s site to place an order. It’s not a standard pharmacy—it’s a portal to direct-to-consumer purchasing.
- According to Pfizer, the average discount for its drugs on TrumpRx will be around 50% compared to current U.S. prices.
- The site is expected to be especially helpful for people not using insurance, including the uninsured and those on Medicaid.

REAL WORLD EXAMPLE: GLP-1 WEIGHT LOSS DRUGS

Part of the TrumpRx plan includes significantly lower prices for GLP-1 drugs—popular medications for diabetes and weight loss made by Novo Nordisk and Eli Lilly. Reports suggest that these drugs, which often cost more than \$1,000 per month, could be offered for about \$350/month on TrumpRx. For Medicare recipients, the co-pay for these medications could be as low as \$50/month under the agreement.



TrumpRx offers a bold attempt to lower U.S. drug prices by cutting out many of the layers that make medications so expensive. For uninsured people or those paying cash, it could be a game-changer. But the full impact will depend on which drug companies participate and how widely the deals are used.

If you're interested in how this might help you or someone you know:

1. Watch for the TrumpRx.gov launch in early 2026.
2. Check whether the medications you take will be offered at a lower rate.
3. Compare the cost on TrumpRx with your current out-of-pocket cost through insurance.

Health For All works hard to ensure patients can access the medications they need. If you have a medication that you are struggling to access let us know and we can explore what resources may be available.



Live Well with Diabetes



**Join us this Spring on Monday Evenings
at Health For All for nutrition classes.
Visit our website for more detail and to sign up.**

Health For All

3030 East 29th Street, Suite 111 | Bryan, Texas 77802

Phone: 979-774-4176 | Fax: 979-774-4180

Web: www.hlth4all.org

