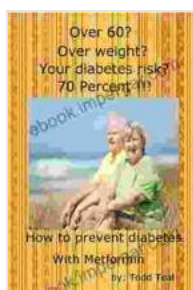


# Over 60? Overweight? Your Diabetes Risk Is 70% - How to Prevent Diabetes with Metformin

If you're over 60 and overweight, your risk of developing diabetes is a staggering 70%. That's a sobering statistic, but it's one that you can't afford to ignore. Diabetes is a serious disease that can lead to a host of health problems, including heart disease, stroke, blindness, and kidney failure.



## Over 60? Over Weight? Your Diabetes Risk? 70%!!! How to Prevent Diabetes with Metformin

★★★★☆ 4.7 out of 5

Language : English  
File size : 857 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 57 pages  
Lending : Enabled



The good news is that there are things you can do to prevent diabetes, even if you're at high risk. One of the most effective ways to prevent diabetes is to lose weight. Even a small amount of weight loss can make a big difference. In addition to losing weight, you should also eat a healthy diet and get regular exercise.

If you're at high risk for diabetes, your doctor may also recommend taking Metformin. Metformin is a medication that helps to lower blood sugar levels.

It is often used to treat type 2 diabetes, but it can also be used to prevent diabetes in people who are at high risk.

Metformin is a safe and effective medication. It has been shown to reduce the risk of developing diabetes by up to 30%. Metformin can also help to improve blood sugar control in people who already have diabetes.

If you're over 60 and overweight, talk to your doctor about whether Metformin is right for you. Metformin could help you to prevent diabetes and improve your overall health.

### **How Does Metformin Work?**

Metformin works by helping to lower blood sugar levels. It does this by increasing the amount of insulin that your body produces and by decreasing the amount of glucose that your liver produces.

Insulin is a hormone that helps glucose get into your cells. Glucose is a type of sugar that your body uses for energy. When you have too much glucose in your blood, it can damage your blood vessels and organs.

Metformin helps to lower blood sugar levels by increasing the amount of insulin that your body produces. Insulin helps glucose get into your cells, which lowers the amount of glucose in your blood.

Metformin also helps to lower blood sugar levels by decreasing the amount of glucose that your liver produces. Your liver is responsible for producing glucose. When you have too much glucose in your blood, your liver will produce more glucose. Metformin helps to lower blood sugar levels by decreasing the amount of glucose that your liver produces.

## **Benefits of Metformin**

Metformin has a number of benefits, including:

- Reduces the risk of developing diabetes by up to 30%
- Improves blood sugar control in people who already have diabetes
- Helps to lower cholesterol levels
- Helps to reduce weight
- May reduce the risk of heart disease and stroke

## **Side Effects of Metformin**

Metformin is generally well-tolerated. However, some people may experience side effects, such as:

- Nausea
- Vomiting
- Diarrhea
- Abdominal pain
- Headache
- Metallic taste in the mouth

These side effects are usually mild and go away within a few days or weeks. However, if you experience any severe side effects, you should stop taking Metformin and talk to your doctor.

## **Dosage of Metformin**

The dosage of Metformin that you take will depend on your individual needs. Your doctor will start you on a low dose and gradually increase the dose as needed.

The usual starting dose of Metformin is 500 mg twice a day. Your doctor may increase the dose to 1,000 mg twice a day or 1,500 mg twice a day, depending on how well you tolerate the medication.

## **How to Take Metformin**

Metformin is taken orally with meals. It is important to take Metformin with meals to reduce the risk of side effects. You should not take Metformin on an empty stomach.

If you forget to take a dose of Metformin, take it as soon as you remember. However, if it is almost time for your next dose, skip the missed dose and take your next dose as scheduled.

If you're over 60 and overweight, your risk of developing diabetes is a staggering 70%. However, there are things you can do to prevent diabetes, including losing weight, eating a healthy diet, getting regular exercise, and taking Metformin. Metformin is a safe and effective medication that can help to lower blood sugar levels and reduce the risk of developing diabetes.

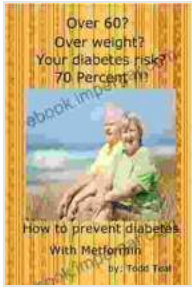
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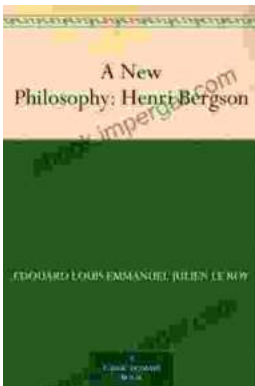
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