



PVH talks diabetes and preventive health

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KEYSER, W.Va.- WVU Potomac Valley Hospital talks about diabetes as part of their preventive Medicine, informing those in need of what it is and how you can help yourself.

Diabetes is a long-lasting (chronic) health condition that affects how your body turns food into energy. Currently there is no cure, but you can manage diabetes for better health outcomes.

Our bodies break down most food we eat into sugar (glucose) then releases the sugar into our bloodstream. When our blood sugar level goes up, it signals the pancreas to release insulin which allows the sugar to enter the body's cells and use the sugar for energy.

When you have diabetes, your body doesn't make enough insulin or can't use insulin as well as it should. If there isn't enough insulin or your body doesn't respond to insulin, there becomes too much glucose in your bloodstream. Unmanaged, over time this causes serious health problems such as vision loss, kidney disease, nerve damage, and heart disease.

There are things you can do to help your body, even with a diagnosis of diabetes. Be physically active, eat healthy, and lose weight when recommended by your primary care provider. It is important to take the medication prescribed by your provider and follow directions for testing your blood glucose level. If available, they may direct you for additional diabetes self-management education and support with an endocrinologist or diabetes educator in your area.

If your provider tells you that you have prediabetes this means you have a high risk of developing type 2 diabetes. About 1 in 3 adults have prediabetes in the United States with more than 8 in 10 people that don't know they have it. Prediabetes and type 2 diabetes can be prevented or delayed by making lifestyle changes. Learn how a lifestyle change program can help you take healthy steps to prevent or delay type 2 diabetes. Check your local area for lifestyle change programs or search www.cdc.gov/diabetes-prevention/index.html for more information.



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