

Type 2 Diabetes

WHAT IT MEANS AND
WHAT TO ASK

EMPOWER YOURSELF TO
ASK THE RIGHT
QUESTIONS AT YOUR
NEXT APPOINTMENT



What Is Type 2 Diabetes?

YOUR BODY USES INSULIN TO HELP
SUGAR (GLUCOSE) ENTER YOUR CELLS
FOR ENERGY.

WITH TYPE 2 DIABETES, YOUR
BODY EITHER:

- DOESN'T MAKE ENOUGH INSULIN,
OR
- CAN'T USE INSULIN PROPERLY
(CALLED INSULIN RESISTANCE)

THIS LEADS TO HIGH BLOOD SUGAR,
WHICH CAN DAMAGE YOUR HEART,
KIDNEYS, EYES, AND NERVES OVER
TIME.

Common Symptoms

- FREQUENT URINATION
- FEELING VERY THIRSTY OR
HUNGRY
- BLURRY VISION
- FATIGUE
- SLOW-HEALING WOUNDS
- NUMBNESS OR TINGLING
IN HANDS OR FEET

SOME PEOPLE HAVE NO SYMPTOMS,
SO SCREENING IS KEY.

Risk Factors

- FAMILY HISTORY OF DIABETES
- OVERWEIGHT OR OBESITY
- AGE OVER 45
- LACK OF PHYSICAL ACTIVITY
- HIGH BLOOD PRESSURE OR HIGH CHOLESTEROL
- HAVE NON-ALCOHOLIC FATTY LIVER DISEASE (NAFLD)
- HISTORY OF GESTATIONAL DIABETES
- ARE AFRICAN AMERICAN, HISPANIC OR LATINO, AMERICAN INDIAN, OR ALASKAN NATIVE

How Can I Manage It?

- EAT BALANCED MEALS (WHOLE GRAINS, VEGGIES, LEAN PROTEIN)
- GET MOVING (AT LEAST 30 MINUTES MOST DAYS)
- CHECK YOUR BLOOD SUGAR AS RECOMMENDED
- TAKE MEDICATIONS OR INSULIN AS PRESCRIBED
- MONITOR YOUR A1C LEVELS (AVERAGE BLOOD SUGAR OVER 3 MONTHS)

Ask Your Doctor These Questions

- WHAT DO MY BLOOD SUGAR AND A1C NUMBERS MEAN?
- CAN I REVERSE OR IMPROVE MY DIABETES WITH LIFESTYLE CHANGES?
- DO I NEED MEDICATION, INSULIN, OR BOTH?
- HOW CAN I PREVENT DIABETES-RELATED COMPLICATIONS?
- HOW OFTEN SHOULD I GET SCREENED FOR EYE, KIDNEY, AND NERVE DAMAGE?

LEARN MORE:

- CDC: WWW.CDC.GOV/DIABETES
- ADA: WWW.DIABETES.ORG