



Type 2 Diabetes

Guide to Good Health

Healthy Living Guide

- ▶ Asthma
- ▶ Chronic Fatigue Syndrome (CFS)
- ▶ Chronic Obstructive Pulmonary Disease (COPD)
- ▶ Coronary Artery Disease (CAD)
- ▶ Depression
- ▶ Hyperlipidemia
- ▶ Hypertension
- ▶ Osteoarthritis (OA)
- ▶ Osteoporosis
- ▶ Type 2 Diabetes
- ▶ Back Pain
- ▶ Chronic Pain
- ▶ Healthy Eating
- ▶ Healthy Pregnancy
- ▶ Rheumatoid Arthritis (RA)
- ▶ Sleep
- ▶ Smoking Cessation
- ▶ Stress Management
- ▶ Weight Management
- ▶ Bariatric Surgery

What is Type 2 Diabetes?

There are at least 3 types of diabetes. The information here is about Type 2, which is the most common type of diabetes.

- **Type 1 Diabetes:** the body does not make insulin. Insulin helps the body use glucose from food for energy. People with Type 1 need to take insulin every day.
- **Type 2 Diabetes:** the body does not make or use insulin well. People with Type 2 often need to take pills or insulin. Type 2 is the most common form of diabetes.
- **Gestational Diabetes:** may occur when a woman is pregnant. It raises her risk of getting Type 2 Diabetes for the rest of her life. It also increases her child's risk of being overweight and getting diabetes.

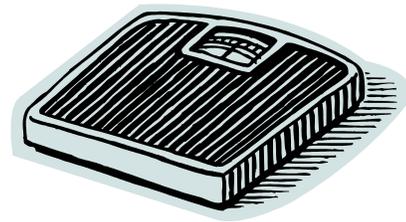
Overview & Facts

- You may have heard people say they have “a touch of diabetes” or that their “sugar is a little high”. These words suggest that diabetes is not a serious disease. That is **not** correct. Diabetes is **serious**, but **you can learn to manage it**.
- Taking good care of yourself and your diabetes can help you feel better. It may help you avoid health problems caused by diabetes such as:
 - ✓ Heart attack and stroke
 - ✓ Eye problems that can lead to trouble seeing or going blind
 - ✓ Nerve damage that can cause your hands and feet to hurt, tingle, or feel numb; some people may even lose a foot or leg
 - ✓ Kidney problems that can cause your kidneys to stop working
 - ✓ Gum disease and loss of teeth



Signs & Symptoms

- Many people have diabetes and do not know it. Not everyone has symptoms. Symptoms can include:
 - ✓ Extreme thirst
 - ✓ Unexplained weight loss
 - ✓ Feeling tired
 - ✓ Having to urinate often
 - ✓ Blurry vision



Causes

Type 2 diabetes occurs because the body doesn't use insulin properly, a condition called insulin resistance. Over time, the cells that produce insulin cannot keep up with the body's needs and diabetes develops.

Risk Factors

You are more likely to get type 2 diabetes if you:

- are age 45 or older
- are overweight
- are not physically active
- have high blood pressure or high cholesterol
- had gestational diabetes—diabetes during pregnancy— or gave birth to a baby weighing over 9 pounds



- have blood glucose levels that are higher than normal, but not high enough to be called diabetes
- are African American, American Indian, Asian American, Pacific Islander, or Hispanic/Latino
- have a family history of diabetes
- have polycystic ovary syndrome
- have dark, thick, velvety skin around your neck or in your armpits
- have blood vessel problems affecting your heart, brain, or legs



Questions to Ask Your Provider

1. What are my cholesterol, blood pressure, and A1C levels?
2. What should they be?
3. What can I do to reach my targets?
4. What tests do I need and how often?
5. How do I take my medication?
6. How can I learn more about diabetes?

Diagnostic Workup

Diabetes can be diagnosed by different tests:

- **Fasting Plasma Glucose Test (FPG)** measures blood glucose in a person who has not eaten anything for at least 8 hours.
- **Oral Glucose Tolerance Test (OGTT)** measures blood glucose after a person fasts at least 8 hours and 2 hours after the person drinks a glucose-containing beverage.
- **Random Plasma Glucose Test**, also called a casual plasma glucose test, measures blood glucose without regard to when the person being tested last ate.
- Your doctor may refer you to an (a specialist who treats diabetes).



Treatment and Care

1. Medical

There are many tests that are needed to take good care of diabetes. The most important are the ABC's:

- A1C measures your average glucose level over the last three months.
- High blood pressure (BP) makes your heart work too hard.
- LDL or bad Cholesterol builds up and clogs your arteries. HDL or good cholesterol helps remove cholesterol from your blood vessels.

Other tests include:

- Annual dilated eye exam
- Foot exam
- Kidney function test



2. Pharmacological

- Take your medicines every day. Three kinds of medicines can help you meet your glucose targets:
 - ✓ There are several types of oral medication for diabetes.
 - ✓ Insulin is an injectable medication that comes in both short-acting and long-acting forms.
 - ✓ There are other injectable medications that are not insulin.

3. Emotional/Psychological

Seek help if you feel down. You may feel better if you talk with a mental health counselor, friend or a support group, clergy or family member.

4. Physical

- Be physically active: Get 30 to 60 minutes of physical activity, such as brisk walking, on most days of the week.

5. Nutritional

- Ask for a diabetes meal plan to help you choose healthy foods
- Healthy food choices include:
 - ✓ Fruits and vegetables
 - ✓ Fish, lean meats, and poultry
 - ✓ Dried beans and peas
 - ✓ Low-fat and skim milk and cheese
- Avoid foods that have a lot of sugar, salt or fat.



Healthy Lifestyle Management

Here are ways to stay as healthy as possible with diabetes:

- ▶ Stop smoking—seek help to quit.
- ▶ Take your medicines even when you feel good.
- ▶ Check your feet every day. Call your health care team if a cut, sore, blister or bruise on your feet or toes does not begin to heal after one day.
- ▶ Brush your teeth and floss every day to avoid problems with your mouth, teeth or gums.
- ▶ Report any changes in your eyesight to your doctor.

- ▶ Avoid problems by seeing your health care team at least twice a year to:

- Get your ABC tests, other exams and yearly flu shot
- Have your weight and feet checked.
- Review your record of blood glucose self tests, your ABC numbers and your action plan.



Resources

- ❖ The US Department of Health and Human Services' National Diabetes Education Program (www.yourdiabetesinfo.org) is jointly sponsored by the National Institutes of Health (NIH) and the Centers for Disease Control and Prevention (CDC) with the support of more than 200 partner organizations.
- ❖ American Diabetes Association: www.diabetes.org