

# Diabetes: Just the Basics

## Type 2 Diabetes

Diabetes is a condition in which the level of sugar in your blood is too high. Insulin helps your body manage your blood sugar. Too much sugar in the blood isn't good for your health.

When you have type 2 diabetes, your body does not use your insulin correctly or as well as it should. Your body may not make enough insulin. The blood sugar then builds up in the blood instead of going into the cells. This can lead to serious complications of the heart, eyes, kidneys, and feet.

Fasting Blood Sugar Levels for Diagnosis	
Normal	< 100
Pre-Diabetes	100 – 125
Diabetes	≥ 126

People with type 2 diabetes may not need to take any medicine and will do well with a diet and exercise program. However, most people with type 2 diabetes will need pills or insulin to manage their blood sugar levels. Type 2 diabetes is usually found in older adults and is now being found in younger adults. It used to be called adult-onset diabetes. About 90% of all people with diabetes have type 2.

### Factors leading to Type 2 diabetes

- Being overweight
- Being inactive
- Ethnic background (*People who are African-American, Portuguese, Hispanic, and Native American have a higher risk of getting type 2 diabetes*)
- Family history of type 2 diabetes
- Having diabetes during pregnancy

### Symptoms of Type 2 diabetes may include:

- Thirst
- Increase in urination (*the amount of urine you pass and how often*)
- Hunger
- Feeling tired
- Blurry vision

### Treatment of Type 2 diabetes

Controlling your blood sugar should help improve your overall health and well-being and prevent long-term complications.

- Lose weight (if overweight); *Even a 10-pound weight loss can help keep your diabetes in control.*
- Eat healthy
- Check your blood sugar as directed by your healthcare provider
- Be physically active
- Take medications, if prescribed by your healthcare provider
- If you smoke, stop!

### Steps To Better Health

- Keep your blood sugar as close to the normal range as possible
- Be physically active
- Visit your healthcare provider for routine diabetes care
- Learn all that you can about diabetes