

# Living with **TYPE 2 DIABETES**

Type 2 Diabetes is a life-long disease that affects 27 million people in the U.S.

Diabetes impacts the way that the body processes glucose (a type of sugar) in the blood. The long term effects can severely damage the heart and blood vessels, kidneys, eyes and nerves, and causes issues for wound care and pregnancy.

## Symptoms

Nearly 8 million people in the US are unaware that they have Type 2 Diabetes because the initial symptoms can be very mild:

- Thirst
- Frequent urination
- Blurry vision
- Irritability
- Tingling or numbness in hands or feet
- Fatigue
- Wounds that do not heal
- Frequent yeast Infections

## Diagnosis

A Type 2 Diabetes diagnosis requires visiting a doctor who will check blood glucose levels.

## Treatment

In addition to taking prescribed medications and following doctors' recommendations, lifestyle changes can make a big difference.



## Causes and Factors

People with Type 2 Diabetes have trouble properly utilizing insulin, a hormone that allows cells to turn glucose from food into energy. Risk factors include:

- ◆ Heart and blood vessel disease
- ◆ High blood pressure, even if it's treated and under control
- ◆ Low HDL ("good") cholesterol
- ◆ High triglycerides (a type of fat found in your blood) = 200-500+
- ◆ The A1C test measures your average blood glucose:

Result	A1C
Normal	less than 5.7%
Prediabetes	5.7% to 6.4%
Diabetes	6.5% or higher
- ◆ Being overweight or obese
- ◆ Having a baby that weighed more than 9 pounds
- ◆ Having gestational diabetes during pregnancy

## Lifestyle Changes

The following lifestyle modifications will help manage the disease:

- ◆ Losing weight
- ◆ Being active through movement and exercise
- ◆ Eating right
  - Avoid high processed carbs
  - Don't drink sugary beverages
  - Eliminate trans and saturated fats
  - Limit red and processed meats
- ◆ Quit smoking

## Avoid Complications

- ◆ Take diabetes medications or insulin on time
- ◆ Check blood glucose
- ◆ Eat right, don't skip meals
- ◆ See doctor regularly to check for early signs of trouble

**You don't have to manage your diabetes alone – help is available.**  
Visit us online at [www.PeninsulaHomeCare.com](http://www.PeninsulaHomeCare.com) for more resources.



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Wicomico & Somerset Co. 410-543-7550

Worcester Co. 410-208-4828 ♦ Sussex Co. 302-629-4914

