

## Diabetes, Type 2

When you have type 2 diabetes, your body cannot use insulin the way it should. Over time, you may not produce as much insulin as needed. Your body needs insulin to change glucose, a type of sugar that comes from the food you eat, into the energy you need to live.

Without insulin, this sugar cannot get into your cells to do its work. It stays in your blood instead. Your blood sugar level then gets too high. High blood sugar can harm many parts of the body. If blood sugar stays high for years, it can damage blood vessels and nerves throughout your body. You will have a bigger chance of getting eye, heart, blood vessel, nerve, and kidney disease.

Type 2 diabetes is the most common type of diabetes. If you are overweight, get little or no exercise, or have family members with diabetes, you have a greater chance of getting type 2 diabetes. Type 2 diabetes can be prevented or delayed with a healthy lifestyle. This includes staying at a healthy weight, making healthy food choices, and getting regular exercise.

### What are the symptoms?

In type 2 diabetes, blood sugar levels rise so slowly that you may have the disease for many years before you have symptoms. When symptoms do start to appear:

- You may feel thirsty all the time.
- You may need to urinate often.
- You may feel hungrier than usual.
- You may lose weight for no clear reason.



- You may feel tired all the time.
- You may be moody or tense.
- You may have infections, cuts, and bruises that heal slowly.

If your doctor thinks that you may have diabetes, he or she will order blood tests to measure how much sugar is in your blood.

### How is type 2 diabetes treated?

Making healthy choices is a big part of managing type 2 diabetes. Treatment involves eating the right foods, getting exercise, and taking medicine. Diet and exercise are enough for some people to control their blood sugar levels. Other people also need to take one or more medicines, including insulin. Regular checkups are important to monitor your health.



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