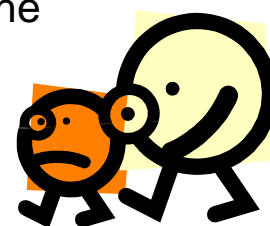


WATCH FOR TYPE 2 DIABETES

WHAT IS TYPE 2 DIABETES?

TYPE 2 Diabetes is a chronic condition that affects the way your body processes sugar – your body’s main source of fuel and energy.

TYPE 2 Diabetes develops very slowly. Many people have Type 2 Diabetes for several years before the condition is diagnosed. This is why it is important to have regular doctor visits!



WHAT SHOULD I WATCH FOR?

- **Increased thirst and frequent urination.**
- **Flu-like symptoms.** Sugar is an important fuel; when it doesn’t reach cells, a person may feel tired and weak.
- **Weight changes.** Because the body is trying to compensate for lost fluids and sugar, a person may eat more than usual and gain weight.
- **Blurred vision.** High levels of blood sugar pull fluid from tissues, including the lenses of eyes. It can lead to blindness if unchecked.
- **Slow-healing sores or frequent infections.** Diabetes affects the body’s ability to heal and fight infection. Bladder and vaginal infections can be a particular problem for women.
- **Nerve damage.** A person may notice tingling and loss of sensation in hands and feet, as well as burning pain in arms, hands, legs and feet.
- **Red, swollen, tender gums.** Diabetes increases the risk of infection in gums and in the bones that hold teeth in place.

WHAT DO YOU DO IF YOU OBSERVE THESE SYMPTOMS?



THE GOOD NEWS is that **type 2 diabetes can be controlled, but it must be monitored!**

See a health care provider as soon as possible and live a healthy life style. Even if it runs in your family, diet and exercise can help you prevent the disease. And if you already have it, the same health life style choices can help you prevent potentially serious complications!

REMEMBER TO:

- **Eat healthy foods**
 - Choose foods low in fat and calories.
 - Eat lots of fruits, vegetables, and whole grains.
- **Get more physical activity**
 - Aim for 30 minutes of physical activity each day.
 - Take brisk daily walks, or ride your bike, swim, or learn other ways to exercise.
- **Lose excess pounds**
 - If you are overweight, losing even 10 pounds can reduce the risk of diabetes.
 - To help keep your weight in a healthy range, focus on long-lasting changes to your eating and exercise habits.
- **Stay healthy**
 - Keep remembering the benefits of living and eating healthy.
 - You will have a healthier heart, more energy and feel better about yourself!

Two great sources of information are <http://www.mayoclinic.com> and <http://diabetes.niddk.nih.gov/>.