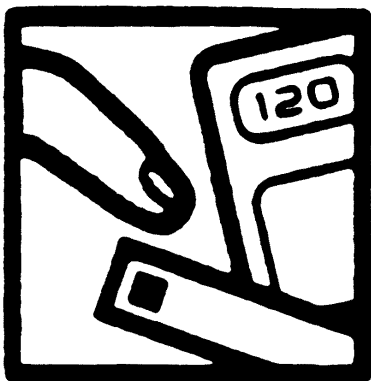


Type 2 Diabetes and You

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Community Nutrition Clinic
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Diabetes is a disease that can be managed very well. Today, people with diabetes live long and healthy lives. Your health care team will help you plan your diabetes treatment. A good place to start is to understand what diabetes is.

WHAT IS TYPE 2 DIABETES?

Type 2 diabetes affects the way your body uses the food you eat. Glucose (sugar) is produced by the digestion of your food. Your body produces insulin to help it use that sugar for energy. But when you have Type 2 diabetes, your body can't use your insulin. The sugar stays in your blood. This is called high blood sugar.

You may have high blood sugar and still feel fine. Or you may not feel so well. You may feel like you have no energy. You may urinate more often and feel thirsty all the time. But even if you feel fine, do what you can to keep your blood sugar near normal. Over time, high blood sugar can raise your risk of heart attack or stroke. It can damage your kidneys, nerves, and eyes.

YOU CAN HELP CONTROL YOUR DIABETES

You can do a lot to prevent problems. One of the best things you can do is try to keep your blood sugar in the healthy range. A meal plan and exercise can help you do that. If you are overweight, losing weight will help a lot. Sometimes a meal plan and exercise are not enough to keep blood sugar in the healthy range. Pills or insulin can give you some more help.

It will be important to check your blood sugar level at home. That will help you and your health care team know if you need to adjust your care plan.