

# TYPE 2 DIABETES

When you eat, your body turns some of the food into a sugar called glucose. The cells that make up your body need this glucose to give you energy. Your body also makes insulin. Insulin helps glucose get into your cells. Type 2 diabetes is a disease where your body doesn't use insulin well or doesn't make enough insulin. So, the glucose can't get into your cells. It stays in your blood, while your cells are starved for energy. The high levels of glucose in your blood damage nerves and blood vessels. This can cause heart disease, eye disease, kidney disease, and nerve problems. These problems can lead to heart attacks, stroke, blindness, amputation, and dialysis.

## How can you tell if you have type 2 diabetes?

More than six million people in the United States have type 2 diabetes and don't know it. You might not have any symptoms. Or, your symptoms might be so mild that you don't even notice them.

You might have diabetes if you:

- Are thirsty most of the time
- Are hungry even though you eat enough
- Are tired all the time
- Need to urinate a lot
- Notice that things look blurry
- Get a sore that doesn't heal



Sometimes people have symptoms but don't think they have diabetes. The earlier you find out that you have diabetes, the better. Treatment can stop diabetes from damaging your body. If you have symptoms that you think may be related to diabetes, talk with your doctor.

## How can type 2 diabetes be prevented?

Make these changes to help reduce the risk of getting diabetes:

- Reach and maintain a healthy body weight
- Make wise food choices
- Be physically active every day