



Type II Diabetes and Your Family

What is Type II Diabetes?

In type II diabetes your body does not make enough insulin or is unable to use the insulin it makes. Insulin is very important. It moves sugar from your blood into your cells. Your cells use the sugar for energy. If your body's insulin is not working well, too much sugar builds up in your blood. That extra sugar can cause health problems.

Why You Don't Want Diabetes

Diabetes can damage your nerves and blood vessels. The damage can lead to heart disease, loss of arms or legs, blindness and kidney disease. Besides these

Other Types of Diabetes

Type I diabetes occurs when the body stops making insulin. People with this type of diabetes must take insulin everyday.

Gestational diabetes can occur when a woman is pregnant, even if she didn't have diabetes before. Her body either cannot use insulin well or cannot make enough insulin. This type of diabetes usually ends when the baby is born. Women who have had gestational diabetes are more likely to get type II diabetes in a few years. Anyone who had gestational diabetes should be tested for diabetes six weeks after giving birth and every year after that.

health problems, you may have to take medicine or shots to control your blood sugar level.

Will You Get Diabetes if It Runs in Your Family?

You do not have to. You can take steps to keep from getting diabetes. You have an increased chance of getting diabetes if you are Hispanic, African American, American Indian or have diabetes in your family. But lack of exercise and being overweight also increases your chances of getting diabetes. You can do something about these two things. Start now to protect you and your children from getting diabetes.

How to Avoid Diabetes

Lower your family's chances of getting diabetes by following these steps, which also help protect a diabetic person from getting more health problems.

- Exercise 30 minutes most days of the week.
- Lose weight. Even a small amount of weight loss helps.
- Eat a healthy diet with a lot of fruits, vegetables, and whole grain bread and cereal.
- Talk with your doctor, clinic or WIC nutritionist about preventing diabetes.



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