What is type 2 Diabetes?

The most common form of diabetes occurs when the level of blood sugar is too high.

- **The hormone insulin made by your pancreas is not being used well or is not being made or used at all.**

Insulin helps your body use the sugar (glucose) for energy.

- **When your body is not using glucose it remains in the blood (hyperglycemia) leading to health-related problems such as heart disease, kidney failure, gum disease, blindness and infections that will not heal that could lead to amputation.**

References
Saeed, O. M., & Imad, M. R. (2019, Jan 1). Prevalence, risk factors, and glycaemic control of type 2 diabetes. *Therapeutic Advances in Endocrinology and Metabolism,* 10(2019), 1-8. https://doi.org/10.1177/2042018819860071

Riddle, M. C. (2020, Jan). Diabetes Care in 2020: Following and Leading the Stories of Diabetes. *Diabetes Care*, *43*(1), 3-4. https://doi.org/10.2337/dci19-0065

Artasensi, A., Pedretti, A., Vistoli, G., & Fumagalli, L. (2020). Type 2 diabetes mellitus: A review of multi-target drugs. Molecules, 25(8), 1987. doi:10.3390/molecules25081987
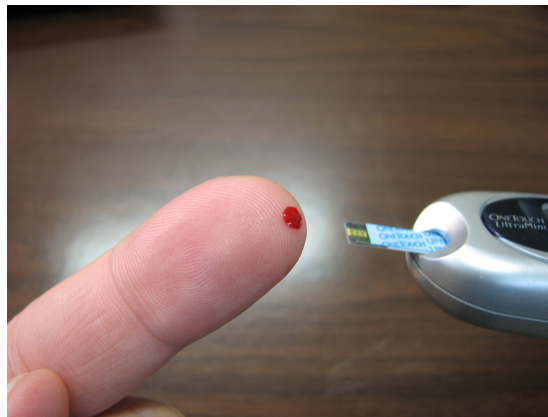
Diabetes 2 and You"

A GUIDE TO PREVENTION, RISK AND MANAGEMENT OF TYPE 2 DIABETES
BY
HARRIS ESCOBAR WLAC
BSDH CLASS
OF 2023

Who is at risk?

Various risk factors involving the development of type 2 diabetes exist.

The top risk factors are being overweight or obese, age 45 and older, genetic predisposition such as a family history of the disease, smoking, and alcohol consumption.

Other risk factors can include a sedentary lifestyle and poor dietary choices which can lead to insulin resistance or prediabetes.

HOW TYPE 2 DIABETES IS DIAGNOSED?

If type 2 diabetes is suspected, your primary health care provider can run several tests, measuring the amount of blood glucose either while fasting or over a period of time.

A hemoglobin A1C test, which measures the amount of blood glucose over the past three months is used to see how well controlled the level of glucose is, the result will be given as a percentage.....

........What do the test numbers mean ?

- A normal A1C test percentage is below 5.7%
- An A1C reading of 5.7-6.4% is considered pre-diabetic
- Above 6.5% A1C levels is considered diabetic
- Fasting blood glucose of 99 mg/dL is normal
- 100-125 mg/dL is considered prediabetic
- 126 mg/dL is considered diabetic

WHAT ARE THE SYMPTOMS?

- Increased thirst and urination
- Increased hunger
- Unexplained weight loss
- Blurred vision
- Fatigue
- Sores, cuts, and bruises that do not heal properly

"LET FOOD BE THY MEDICINE AND
MEDICINE BE THY FOOD"
HIPPOCRATES 400 BC

PREVENTION AND MANAGEMENT

- Lifestyle changes like healthy meals, drinking plenty of water and exercising can greatly reduce you chances of developing type 2 diabetes.

- Monitoring your blood glucose, blood pressure, quitting smoking or alcohol, and medication can also help manage diabetes type 2.

- The best medicine is prevention. Scheduling regular physical checkups can guide you toward leading a healthy life.