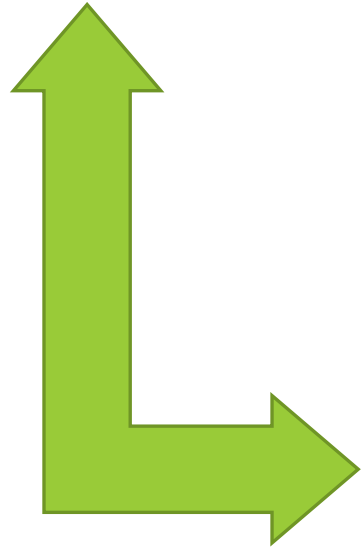
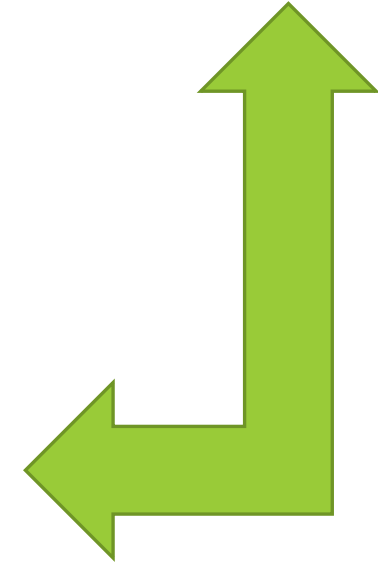


**PREVENTING**

**LIVING WITH**



**Type 2  
DIABETES**



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**Where Do I Begin?**

# What Is Type 2 Diabetes?

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- ❖ Diabetes is a problem with your body that causes blood glucose (sugar) levels to rise higher than normal. This is also called hyperglycemia.
- ❖ When you eat, your body breaks food down into glucose and sends it into the blood. Insulin then helps move the glucose from the blood into your cells.
- ❖ In type 2 diabetes, your body does not use insulin properly. This is called insulin resistance. At first, the pancreas makes extra insulin to make up for it. Over time, your pancreas isn't able to keep up and can't make enough insulin to keep your blood glucose levels normal.

# What Affects My Blood Glucose (Sugar) Levels?

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## Things that can make blood glucose rise:

- ❖ A meal or snack with more food or more carbohydrates than usual
- ❖ Inactivity
- ❖ Side effects of medications
- ❖ Infection or other illness
- ❖ Changes in hormone levels, such as during menstrual periods
- ❖ Stress

## Things that can make blood glucose fall:

- ❖ A meal or snack with less food or fewer carbohydrates than usual
- ❖ Extra activity
- ❖ Side effects of other medications
- ❖ Missing a meal or snack
- ❖ Drinking alcoholic beverages (especially on an empty stomach)

# Prevention-Healthy Eating

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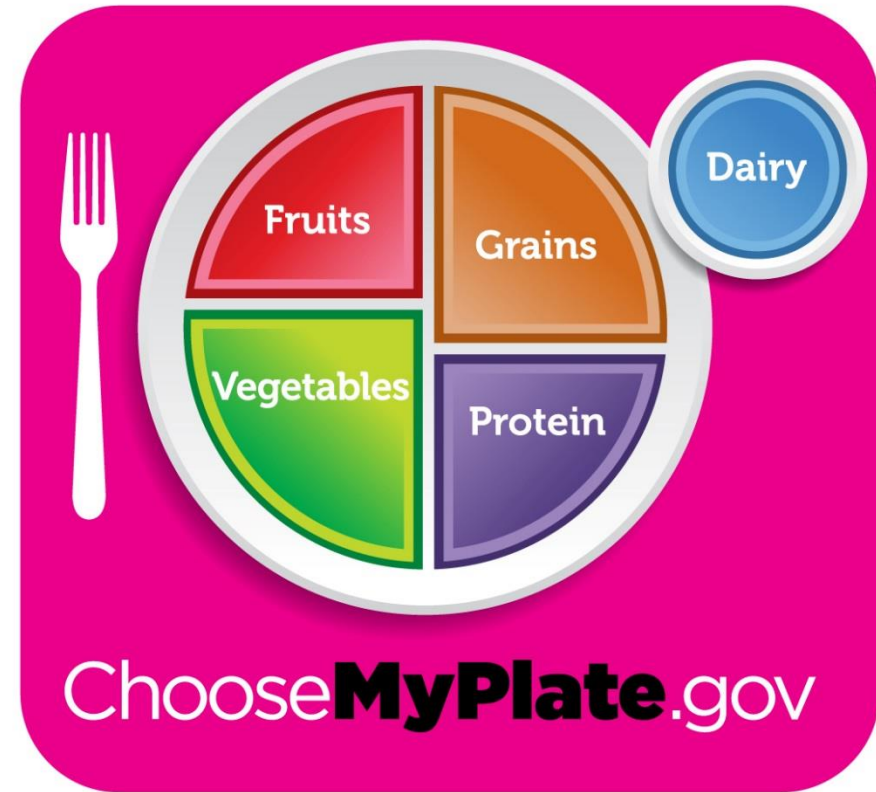
Eat a variety of foods including vegetables, whole grains, fruits, low-fat or nonfat dairy foods, and lean meats or meat substitutes.

Pay attention to portion sizes

Try not to eat too much of one type of food

Space Your Meals

Not skipping meals



# Prevention-Physical Activity



Adults need a mix of physical activity to stay healthy.

## Moderate-intensity aerobic activity\*

Anything that gets your heart beating faster counts.



AND

## Muscle-strengthening activity

Do activities that make your muscles work harder than usual.



If you prefer vigorous-intensity aerobic activity (like running), aim for at least **75 minutes a week**.

If that's more than you can do right now, **do what you can**. Even 5 minutes of physical activity has real health benefits.

Walk. Run. Dance. Play. **What's your move?**



# Prevention-Know Your Risk

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**MARCH 26, 2019**

**Take the Type 2 Diabetes Risk Test  
anytime online at  
[www.diabetes.org](http://www.diabetes.org)**

## AGE

- Risk increases with each decade over 40 years

## GENDER

- Men are at a higher risk
- Females are at a higher risk if they have had gestational diabetes

## FAMILY HISTORY OF DIABETES

- Mother, Father, Sister, Brother

## HIGH BLOOD PRESSURE DIAGNOSIS

## PHYSICAL INACTIVITY

## OVERWEIGHT OR OBESE

## RACE

- Type 2 diabetes is more common in African Americans, Hispanics/Latinos, Native Americans, Asian Americans, Native Hawaiians/Pacific Islanders

# Living with Type 2 - Education & Care

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## Education

Once diagnosed, ask your doctor to refer you to a diabetes education program. Look for a Certified Diabetes Educator through the **American Association of Diabetes Educators (AADE)**.

## Establish a Care Team

- Care Team may comprise of your primary care physician, diabetes educator, dietitian, pharmacist, and other health care providers such as endocrinologist, ophthalmologist, or podiatrist.



# Living with Type 2 – Healthy Behaviors

The American Association of Diabetes Educators Endorses the following Self-Care Behaviors

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**Healthy Eating**  
**Being Active**  
**Monitoring**  
**Taking Medication**  
**Problem Solving**  
**Healthy Coping**  
**Reducing Risks**



# Living with Type 2– Complications/Health Risks

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## Increased Risk for:

- ❖ Cardiovascular Disease (heart attack & stroke)
- ❖ Hyperglycemia (high blood sugar) and Hypoglycemia (low blood sugar).
- ❖ Skin Complications (wound healing)
- ❖ Eye Complications
- ❖ Neuropathy (nerve damage)
- ❖ Foot Complications/damage
- ❖ Ketoacidosis and Ketones
- ❖ Kidney Disease
- ❖ Gastroparesis (stomach issues)
- ❖ Mental Health (depression)

The infographic features a red header with the American Heart Association logo on the left and the American Diabetes Association logo on the right. The main text is centered and reads: "Adults with diabetes are up to 2-4 TIMES more likely to have cardiovascular disease than people without diabetes". The numbers "2-4" and "TIMES" are in a large, bold, red font. At the bottom, a teal bar contains the citation: "The Emerging Risk Factors Collaboration, Lancet 2010."

American Heart Association. American Diabetes Association.

Adults with diabetes are up to

**2-4**  
**TIMES**

more likely to have **cardiovascular disease** than people without diabetes

The Emerging Risk Factors Collaboration, Lancet 2010.

# References

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<https://www.diabeteseducator.org/>

<https://www.heart.org/en/health-topics/diabetes>

<http://www.diabetes.org/>