

TYPE 2 DIABETES

What Is Type 2 Diabetes?

- ❖ Insulin, a hormone that allows glucose (sugar) to be used as energy, is released into the blood, but the body no longer is responding to it correctly
- ❖ Allows glucose to build in the body and not be used for energy by cells
- ❖ This results in an increased blood sugar and can lead to health complications.

How Can I Manage My Diabetes?

- ❖ **Diet:** Limiting sugar and carbohydrate intake, including breads, fruits, pastas, chips, and candy
- ❖ **Medications:** Oral Antidiabetics or Insulin Injections
- ❖ **Lifestyle:** Maintaining a healthy weight or losing excess weight
- ❖ **Monitor Blood Sugar** levels using a glucometer
- ❖ **Smoking:** Limit or Stop Cigarette Smoking
- ❖ **Follow-up Appointments:** For regular testing and medical visits

What Should I Watch For?

- ❖ **Foot Care:** Inspect feet every day for wounds. Diabetes can cause delay wound healing and decrease sensation.
- ❖ **Control Blood Pressure:** helps reducing your risk of heart attack or stroke
- ❖ **Hemoglobin A1c:** a clinical test that can be done to show how your blood sugar has been managed. Ideally this number would be under 7%
- ❖ **Develop Changes in Vision,** increased thirst, or increased urination, in addition to a blood glucose of >600mg/dL, seek medical attention.

Hypoglycemia? What's that?

Hypo means *low* and **Glycemia** refers to *blood sugar*

Hypoglycemia, or low blood sugar, can be very dangerous and could lead to coma or death.

If you begin to show symptoms having low blood sugar, stop and have 15g of simple sugars. That's about 3 hard candies or a cup of juice!

Symptoms can include:

- ❖ Hunger
- ❖ Irritability
- ❖ Anxiety
- ❖ Tired
- ❖ Shakiness
- ❖ Feeling
- ❖ Sweating
- ❖ Fast Heartbeat

Resources to Help You Manage Diabetes

- ❖ **American Diabetes Association** (insulinhelp.com) -- Assist with Access to Insulin
- ❖ **Country Doctor Community Clinic** (500 19th Ave E Seattle, WA 98112) – Can provide on-going medical treatment
- ❖ **After Hours Clinic** (2101 E Yesler Way Seattle, WA 98122) – Walk-In Clinic
- ❖ **Healthpoint Clinic Evergreen** (830 SW 116th Street Seattle, WA 98146) – Specialize in Nutritional Support
- ❖ **Cynthia A. Green Family Center** (12704 76th Ave S Seattle, WA 98178)
Recovery Café -- Provides many resources for you to aid you in your health journey. Ask a staff member how your community can help

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B	E	U	S	T	S	I	C	O	T	S	L	C	G
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A	G	O	O	E	A	P	X	O	S	G	N	O	P
C	R	C	A	R	X	G	L	U	C	O	S	E	Y
I	A	I	M	E	C	Y	L	G	R	E	P	Y	H

INSULIN
 BLOOD SUGAR
 TEST STRIPS
 HYPERGLYCEMIA
 GLUCOSE
 BLOOD PRESSURE
 CARBOHYDRATES
 GLUCOMETER
 OBESITY
 HYPOGLYCEMIA
 DIABETES
 DAILY EXERCISE

Insulin: Hormone that allows cells to use glucose as energy

Carbohydrate: A type of food that has components that get broken down into glucose (sugar) molecules

Glucose: Sugar Molecules

Blood Sugar: Amount of glucose in the bloodstream

Glucometer: A medical tool that allows us to see the amount of sugar in the bloodstream

Test Strips: Placed in a glucometer to determine the blood sugar

Hyperglycemia: High Blood Sugar

Hypoglycemia: Low Blood Sugar

Daily Exercise: Can help prevent and manage type two diabetes

Obesity: A risk factor for developing type two diabetes

Blood Pressure: If well controlled, can help reduce the risk of a heart attack or stroke