Diabetes, Type 2

Diabetes is a lasting (*chronic*) disease. In type 2 diabetes, the pancreas does not make enough insulin (a hormone), and the body does not respond normally to the insulin that is made. This type of diabetes was also previously called *adult onset diabetes*. About 90% of all those who have diabetes have type 2. It usually occurs after the age of 40 but can occur at any age.

CAUSES

Unlike type 1 diabetes, which happens because insulin is no longer being made, type 2 diabetes happens because the body is making less insulin and has trouble using the insulin properly.

SYMPTOMS

- Drinking more than usual.
- Urinating more than usual.
- Blurred vision.
- Dry, itchy skin.
- Frequent infection like yeast infections in women.
- More tired than usual (*fatigue*).

TREATMENT

- Healthy eating.
- Exercise.
- Medication, if needed.
- Monitoring blood glucose (*sugar*).
- Seeing your caregiver regularly.

HOME CARE INSTRUCTIONS

- Check your blood glucose (*sugar*) at least once daily. More frequent monitoring may be necessary, depending on your medications and on how well your diabetes is controlled. Your caregiver will advise you.
- Take your medicine as directed by your caregiver.
- **Do not** smoke.
- Make wise food choices. Ask your caregiver for information. Weight loss can improve your diabetes.
- Learn about low blood glucose (*hypoglycemia*) and how to treat it.
- Get your eyes checked regularly.
- Have a yearly physical exam. Have your blood pressure checked. Get your blood and urine tested.
- Wear a pendant or bracelet saying that you have diabetes.
- Check your feet every night for sores. Let your caregiver know if you have sores that are not healing.

SEEK MEDICAL CARE IF:

- You are having problems keeping your blood glucose at target range.
- You feel you might be having problems with your medicines.
- You have symptoms of an illness that is not improving after 24 hours.
- You have a sore or wound that is not healing.
- You notice a change in vision or a new problem with your vision.
- You develop fever of more than 100.5° F (38.1° C).

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