Diabetes, Type 2

Diabetes is a lasting (*chronic*) disease. It occurs when the body does not properly use the sugar (*glucose*) that is released from food. Glucose levels are controlled by a hormone called insulin. Insulin is made by your pancreas. In type 2 diabetes, the pancreas is making less insulin and the body has trouble using the insulin properly.

HOME CARE

- Check your blood glucose (*sugar*) once a day.
- Follow your treatment and monitoring plan.
- Take your medicine as directed by your doctor.
- **Do not** smoke.
- Eat healthy. Weight loss can improve your diabetes.
- Know what low blood glucose (*hypoglycemia*) is. Know 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 bracelet that says you have diabetes.
- Check your feet for sores every night. Tell your doctor if sores are not healing.

GET HELP RIGHT AWAY IF YOU:

- Have trouble keeping your blood glucose in target range.
- Have problems with your medicines.
- Are sick and not getting better after 24 hours.
- Have a sore or wound that is not healing.
- Have a problem or change in your vision.
- Develop fever of more than 100.5° F (38.1° C).

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