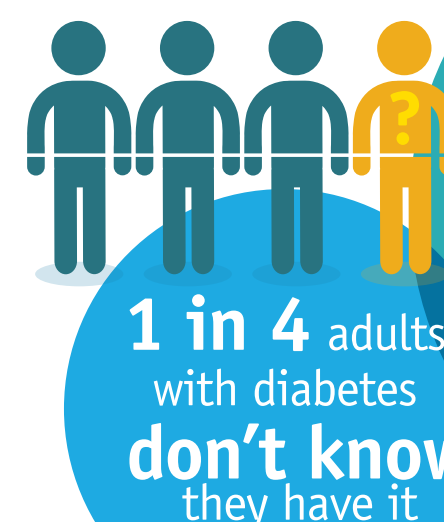


What is TYPE 2 DIABETES?

▶ A condition that occurs when your body **CAN'T PROPERLY PROCESS SUGAR INTO ENERGY**

- ▶ The body fails to use insulin correctly, or
- ▶ The pancreas fails to make enough insulin



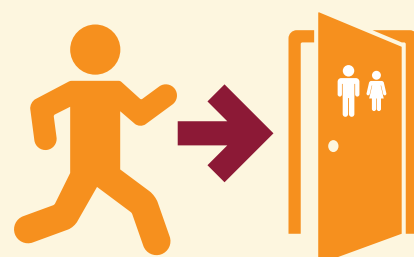
More than 29 million adults in the U.S. have diabetes

What are the SYMPTOMS?



Feeling hungry even while eating

Extreme thirst

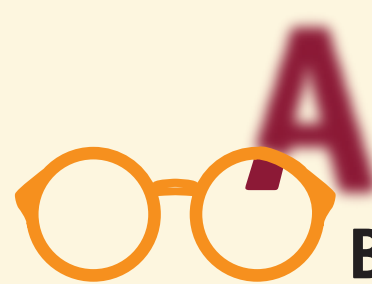


Frequent urination



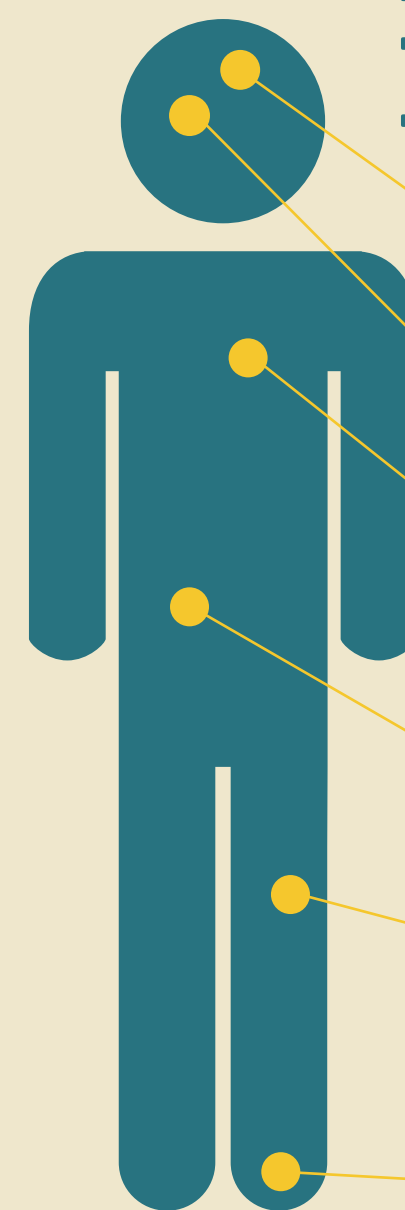
Slow-healing cuts

Numbness in hands or feet



Blurred vision

What Parts of Your Body Can BE AFFECTED BY DIABETES?



Nervous System



Eyes, Teeth & Gums



Coronary Arteries



Kidneys



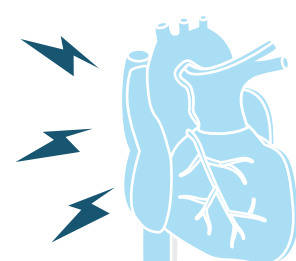
Blood Vessels



Feet & Skin

Why is it DANGEROUS?

High blood sugar can:



Increase risk of heart disease or heart failure



Lead to stroke

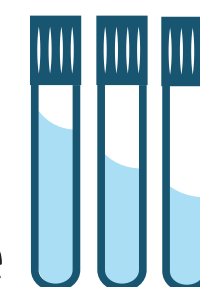


Threaten vision, limbs & extremities

Cause high blood pressure



Raise cholesterol



Information provided for educational purposes only. Please consult your health care provider regarding your specific health needs.

▶ For more information, visit CardioSmart.org/Diabetes