



One step ahead

Treating and preventing diabetes

WHAT IS TYPE 2 DIABETES?

Having type 2 diabetes means your body doesn't use insulin well and can't keep blood sugar at normal levels. Diabetes can lead to serious conditions such as heart disease, blindness and kidney disease.

Common symptoms of diabetes¹

- Frequent urination
- Increased thirst
- Extreme fatigue
- Blurred vision
- Cuts or bruises that are slow to heal
- Feeling hungry — even though you're eating enough
- Tingling, pain or numbness in your hands or feet

¹American Diabetes Association. Diabetes symptoms. Available at: [Diabetes.org/diabetes/type-2/symptoms](https://diabetes.org/diabetes/type-2/symptoms). Accessed September 28, 2020.

The right direction

Here are some things you can do to manage type 2 diabetes or stop it before it starts.

Maintain your weight

Make sure you're at a healthy weight for your height and age. If you're unsure, check with your doctor.

Watch what you eat

Include more fruits, veggies and whole grains into your diet. Reduce processed meats and foods with added sugar.

Exercise regularly

Get at least 30 minutes of physical activity a day. Walk, run, dance or lift weights — it all works.

Don't smoke

If you already smoke, try to quit. Smoking can contribute to developing type 2 diabetes.

Manage your stress

Stress can trigger unhealthy behaviors such as overeating, smoking and not sleeping enough.



You're at risk for developing type 2 diabetes if you:²

Are overweight

Are 45 years or older

Have a parent, brother or sister with type 2 diabetes

Are physically active less than 3 times a week

Have ever had diabetes during pregnancy or given birth to a baby who weighed more than 9 pounds

Are African American, Hispanic/Latino American, American Indian, Alaska Native, Pacific Islander or Asian American

SEE YOUR DOCTOR

Check in with your doctor regularly and be sure to get any recommended screenings.

²Centers for Disease Control and Prevention. Diabetes risk factors. March 24, 2020. Available at: [CDC.gov/diabetes/basics/risk-factors.html](https://www.cdc.gov/diabetes/basics/risk-factors.html). Accessed September 28, 2020.

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