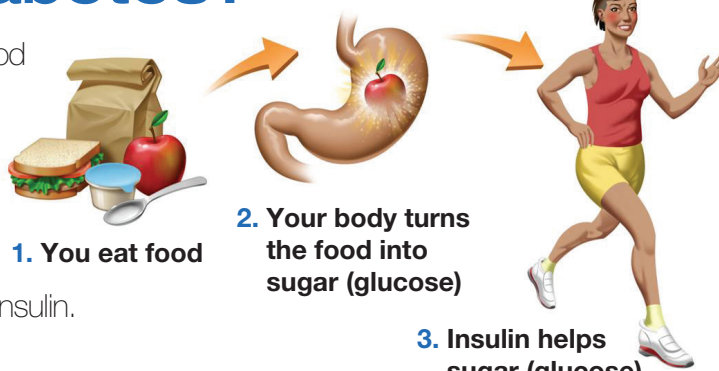


What is Type 2 Diabetes?

Diabetes means that the sugar levels in your blood are too high. To understand diabetes, you must first know what happens when you eat.



Type 2 diabetes occurs when:

- Your body does not make enough insulin, or **1. You eat food**
- Your body does not respond well to its own insulin.

2. Your body turns the food into sugar (glucose)

3. Insulin helps sugar (glucose) get into your body's cells where it can be used for energy

Without enough insulin:

- Your body does not get the energy it needs.
- Sugar builds up in the blood and can lead to serious health problems.

Symptoms of type 2 diabetes

Talk to your healthcare provider if you have any of these symptoms of type 2 diabetes.

	Yes	No
Are you often very thirsty?	<input type="checkbox"/>	<input type="checkbox"/>
Do you urinate frequently?	<input type="checkbox"/>	<input type="checkbox"/>
Do you often feel very hungry?	<input type="checkbox"/>	<input type="checkbox"/>
Do you often feel very tired or irritable?	<input type="checkbox"/>	<input type="checkbox"/>
Do you have blurry vision?	<input type="checkbox"/>	<input type="checkbox"/>
Have you lost weight without trying?	<input type="checkbox"/>	<input type="checkbox"/>
Do you have cuts or bruises that are slow to heal?	<input type="checkbox"/>	<input type="checkbox"/>
Do you have frequent infections?	<input type="checkbox"/>	<input type="checkbox"/>
Do you sometimes feel a tingle or lose feeling in your hands or feet?	<input type="checkbox"/>	<input type="checkbox"/>

Write down any questions or concerns you have about type 2 diabetes:

Talk to your healthcare provider to learn more about type 2 diabetes.



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