

Know the

# WARNING SIGNS

of type 2 diabetes

## ABOUT TYPE 2 DIABETES

Type 2 diabetes is the most common type of diabetes. With type 2, either the body does not make enough insulin or the cells do not use the insulin properly. Most foods you eat turn into sugar (glucose), which is the basic fuel for the cells in the body. Insulin takes glucose from the blood into the cells. A build up of glucose in the blood can lead to diabetes complications.

## SIGNS & SYMPTOMS

- Tiredness
- Increased thirst and hunger
- Frequent urination
- Blurred vision
- Tingling or numbness of hands or feet
- Slow healing of wounds or sores
- Recurring skin, gum, or bladder infections

Often people with type 2 diabetes have no symptoms. See other side to learn about the risk factors.

Know the

# RISK FACTORS

of type 2 diabetes

## RISK FACTORS

- Age 45 years or older
- Family history of diabetes (sibling or parent)
- Had diabetes while pregnant or gave birth to a baby weighing over 9 pounds (gestational diabetes)
- Abnormal health numbers:
  - High blood glucose (blood sugar) levels
  - High blood pressure (140/90 or higher)
  - HDL (“good”) cholesterol is less than 35 or triglyceride level is higher than 250
- Physical inactivity
- Race/Ethnicity: African Americans, Hispanics/Latinos, American Indians, Asian Americans, and Pacific Islanders have an increased risk
- Has polycystic ovary syndrome (women only)
- Vascular problems affecting brain, heart, or legs

Talk to your doctor if you have any of the above risk factors. See other side for type 2 diabetes warning signs.