

About type 2 diabetes

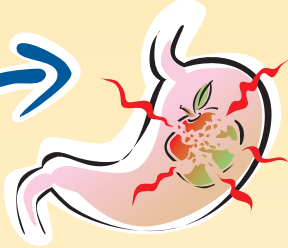
Type 2 diabetes occurs when your body:

- does not make enough insulin
- does not respond well to its own insulin

You eat food



Food turns to sugar in your blood



Insulin helps sugar get into cells to give them fuel 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

Signs of diabetes

If you say yes to one or more of these signs, you may have type 2 diabetes:

- Are you often very thirsty?
- Do you urinate a lot?
- Do you often feel very tired or hungry?
- Do you have blurry vision?
- Have you lost weight without trying?
- Do you have sores that are slow to heal?
- Do you sometimes lose feeling or have tingling in your feet?

If diabetes is not managed, it can cause serious health problems over time. Talk to your doctor if you think you could have type 2 diabetes. Talk to your doctor about what you can do to help manage your type 2 diabetes.