



Understanding Type 2 Diabetes

Diabetes is a condition in which the body does not properly use glucose for energy. Glucose, also called blood sugar, is the primary fuel source for your body. In order to be used, glucose has to move from the bloodstream into the cells. Normally, your body makes a hormone called insulin that helps the glucose enter cells to be used for energy. With Type 2 diabetes, the body can't use the insulin properly. As a result, glucose builds up in the blood and, if left untreated, can lead to serious health problems.

How could diabetes affect you?

Diabetes is one of the leading causes of death and disability in the U.S. **Over time, diabetes can lead to the following health problems:**

- Kidney disease
- Eye problems, including blindness
- Foot ulcers and amputations
- Nerve damage
- Skin infections
- Heart disease and other vessel blockages

What are the common risk factors of Type 2 diabetes?

- Being overweight or obese
- Inactivity
- Family history
- Age
- Race
- Gestational diabetes

A healthy lifestyle is key!

Regular physical activity, good eating habits, and maintaining a healthy weight can reduce your chance of developing Type 2 diabetes.

If you already have Type 2 diabetes, controlling your blood sugar through diet and exercise can help reduce your symptoms and may slow the disease's progression.

If your doctor told you that you have prediabetes or if you're at high risk of developing diabetes, now is the time to take action! **You may be able to stop the progression of the disease by making healthy lifestyle changes.**



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