

Type II Diabetes Fact Sheet

What is diabetes?

Metabolic disorder where the pancreas produces little to no insulin or the cells do not respond appropriately to the insulin available

Are there different types of diabetes?

Type I: caused by an auto-immune disease, body does not produce insulin, usually affects children and young adults, requires insulin (5-10% of cases)

Type II: cells do not use insulin properly or pancreas not producing enough insulin (Most common - 90-95% of cases)

Gestational: glucose intolerance in pregnant women

What are the risk factors for Type II diabetes?

Overweight	History of vascular disease
High blood pressure	High Cholesterol
Age 45 and older	Sedentary lifestyle
Family history of diabetes	Race/Ethnicity
Impaired Glucose Tolerance (IGT)	History of gestational diabetes
or Impaired Fasting Glucose (IFG)	Signs of insulin resistance

Are there signs and symptoms for Type II diabetes?

Frequent urination	Frequent thirst
Frequent hunger	Unexplained weight loss
Increased fatigue	Blurry vision/eyesight changes
Persistent infection	Sores that are slow to heal
Numbness/tingling in hands/feet	Very dry skin

What are complications of Type II diabetes?

Heart Disease	Stroke
Kidney Disease	Retinopathy
Neuropathy	Peripheral Vascular Disease
Diabetic Foot Disease	Metabolic Syndrome
Gum Disease	Depression

How can Type II diabetes complications be prevented or managed?

Control blood glucose, blood pressure, and lipid levels by:

- * Monitoring blood glucose as recommended
- * Taking insulin and medications as prescribed
- * Adhering to a healthy, low-calorie, low-fat diet
- * Eating meals on time
- * Exercising at least 30 minutes a day, 5 days a week
- * Doctor's visit at least once a year for: A1C test, retinal exam, foot exam
- * Dental exam (twice a year)

