



# Type 2 Diabetes

People with diabetes have too much sugar in their blood. Type 2 diabetes is most common in people who are overweight. Diabetes can usually be controlled without medicines by eating correctly and losing weight. If diabetes is not managed, serious health risks can develop including blindness, kidney failure, heart attack, and stroke. Contact a health care professional immediately if you think you may have diabetes.

## TOP 7 RISK FACTORS FOR TYPE 2 DIABETES

1. Obesity
2. Sedentary Lifestyle
3. Unhealthy Eating Habits
4. Family History
5. Increased Age
6. High Blood Pressure and Cholesterol
7. History of Gestational Diabetes

## SYMPTOMS OF DIABETES

### Early signs of diabetes:

- Always thirsty
- Urinates often and a lot
- Always tired
- Always hungry
- Weight loss

### Later, more serious signs:

- Itchy skin
- Periods of blurry eyesight
- Some loss of feeling in hands or feet
- Frequent vaginal infections
- Sores on the feet that do not heal
- Loss of consciousness

## THE DIABETIC DIET

If you have diabetes, your body cannot make or properly use insulin. This leads to high blood sugar levels in your blood. Healthy eating helps to reduce your blood sugar. It is a very important part of managing your diabetes, because controlling your blood sugar can prevent the complications of diabetes.

- Limit sweets
- Be careful about when and how many carbohydrates you eat
- Choose whole-grain foods, fruits, and vegetables
- Eat less fat
- Limit your use of alcohol

*This information was adapted from guidelines developed by the American Diabetes Association. For more information about diabetes, visit [www.diabetes.org](http://www.diabetes.org).*

Information provided on Type 2 diabetes is for general knowledge only and is not intended to provide personal medical advice or substitute for the advice of your physician. Always consult with your physician or healthcare provider if you think you may have diabetes.

For more information about fruits, vegetables, and physical activity, visit us at [www.cachampionsforchange.net](http://www.cachampionsforchange.net) or call 1-888-328-3483. Funded by the USDA's Food Stamp Program, an equal opportunity provider and employer.

*Take Action!* Type 2 Diabetes