



DO I HAVE Type 2 Diabetes?

Diabetes is a disease that affects around 30 million children and adults in the United States. Usually people develop diabetes when sugar levels in the blood are too high, or when the body has a hard time making or using insulin.

There are many types of diabetes, including type 1, type 2, and gestational diabetes. Around 90 percent of people with diabetes have type 2. For many people, type 2 diabetes can be prevented by making healthy lifestyle changes.



Health
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Here



You may be more at risk for type 2 diabetes if you:

- Are 45 years or older
- Are overweight/obese
- Have a family history of diabetes
- Have high blood pressure
- Are African-American, Latino/Latina, American Indian, Asian-American, or Pacific-Islander
- Had diabetes while you were pregnant
- Gave birth to a baby that was over 9 pounds

If you think you might be at risk for diabetes, ask your doctor for a diabetes screening.

Some symptoms of diabetes can be severe, and others go unnoticed. Talk to your doctor if you:

- Urinate often
- Feel very thirsty or very hungry
- Feel very tired
- Have blurry vision
- Have cuts/bruises that are slow to heal
- Have tingling, pain, or numbness in your hands or feet

Making healthier lifestyle choices can help you manage your diabetes.

In fact, if you focus on being healthier, you may not ever develop type 2 diabetes. Keep your body working well by:

- **Eating a healthy diet.** Drink fewer sugary beverages, like juice and soda.
- **Being physically active.** Do 30 minutes of exercise 5 times per week.
- **Maintaining a healthy weight.** Talk to your doctor about a healthy weight for you.



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