



# Diabetes

## What is type 2 diabetes?

Type 2 diabetes is the most common type of diabetes. Millions of Americans have been diagnosed with this chronic disease, many of whom are unaware they are at risk. Nearly 30 million children and adults in the U.S. have diabetes. Another 86 million have pre-diabetes, and are at risk for developing type 2 diabetes.

## Who is at greater risk for type 2 diabetes?

- People with impaired glucose tolerance (IGT) and/or impaired fasting glucose (IFG)
- People over age 45
- People with a family history of diabetes
- People who are overweight
- People who do not exercise regularly
- People with low HDL cholesterol or high triglycerides and high blood pressure
- Certain racial and ethnic groups (e.g., Non-Hispanic Blacks, Hispanic/Latino Americans, Asian Americans and Pacific Islanders, and American Indians and Alaska Natives)
- Women who have had gestational diabetes, or who have had a baby weighing nine pounds or more at birth

## TYPE 2 DIABETES SYMPTOMS

- Frequent urination
- Excessive thirst
- Extreme hunger
- Unusual weight loss
- Dry mouth
- Extreme fatigue and irritability
- Frequent infections
- Blurred vision
- Cuts/bruises that are slow to heal
- Tingling/numbness in the hands/feet
- Recurring skin, gum or bladder infections

Diabetes often goes undiagnosed because many of its symptoms seem harmless and common. Early detection and treatment can decrease the chance of developing the complications of type 2 diabetes.

## COMPLICATIONS OF UNTREATED TYPE 2 DIABETES

- Foot complications
- Kidney disease
- High blood pressure
- Stroke
- Generalized nerve damage of the stomach, feet, hands and elsewhere
- Serious conditions requiring emergency care resulting from elevated blood sugar

## PREVENTING TYPE 2 DIABETES

- Making healthy food choices
- Achieving and maintaining a normal weight
- Regular physical activity

For more information on living with type 2 diabetes, the possible complications, or preventing type 2 diabetes, consult with your healthcare provider and log onto **[www.diabetes.org](http://www.diabetes.org)** to visit the American Diabetes Association's website.