

DIABETES

What is **TYPE 2 DIABETES?**

▶ A condition that occurs when your body **CAN'T PROPERLY PROCESS SUGAR INTO ENERGY.**

- ▶ The body fails to use insulin correctly, or
- ▶ The pancreas fails to make enough insulin



About
1 in 4 adults
with diabetes
don't know
they have it.

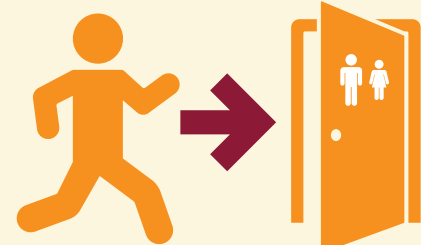
**More than
30 million**
adults in the U.S.
have diabetes

What are the **SYMPTOMS?**



Feeling hungry
even while eating

Extreme thirst



Frequent
urination



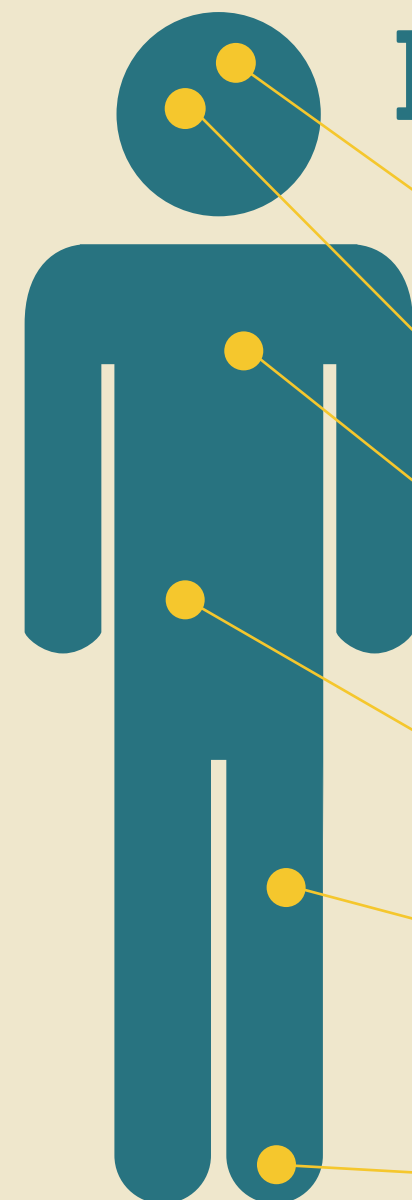
Slow-healing cuts

Numbness in
hands or feet



Blurred vision

What Parts of Your Body Can **BE AFFECTED BY DIABETES?**



Nervous System



Eyes, Teeth & Gums



Coronary Arteries



Kidneys



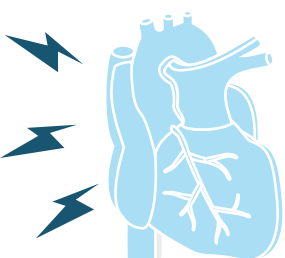
Blood Vessels



Feet & Skin

Why is it **DANGEROUS?**

High blood sugar can:



Increase risk of
heart disease or
heart failure



Lead to
stroke



Threaten vision,
limbs & extremities



**KEEP UP WITH
HEALTH VISITS**
to find & treat
problems early.

With help, **YOU CAN
CONTROL DIABETES.**

Information provided for educational purposes only. Please consult your health care provider about your specific health needs.

▶ Go to [CardioSmart.org/Diabetes](https://www.cardiosmart.org/Diabetes) to learn more about making healthier choices.