

## Understanding Type II Diabetes

**Type II diabetes is a condition where your body has trouble absorbing and using carbohydrates (complex sugars).**

Insulin helps the body cells to absorb sugar and use it as fuel. With diabetes, your body doesn't make enough insulin or doesn't use insulin efficiently.



Think of carbohydrates (sugars) as the fuel that keeps our body cells going



Think of insulin as the key which opens the door to let sugars into your body cells. With Type II diabetes, the key won't fit, and sugar can't get out of your blood stream and into your cells

**As a result, sugars from the food you eat remain in your blood stream at high levels. High blood sugar can lead to:**



**If diabetes is left untreated, it can result in:**

- blindness
- kidney failure, need for dialysis
- heart disease
- stroke
- nerve damage
- loss of toes, feet, or legs
- skin problems due to weakened immune system

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**Luckily, diabetes is easily manageable!**



**Diabetes management is all about keeping blood sugar levels (BSL) in check.**

### **Healthy Blood Sugar Levels:**

Blood sugar levels vary throughout the day. Generally, BSL increases after meals and decreases after exercise.

For someone without diabetes, blood sugar levels range from 70-99 before meals and less than 140 two hours after meals (blood sugar rises right after eating).



If you have diabetes, the American Diabetes Association (ADA) advises keeping your blood sugar levels before meals from 80–130 and your levels 1–2 hours after meals under 180.

**Your doctor will create a diabetes management plan to help you manage your blood sugar levels. This plan may include:**

- Checking your blood sugar levels (BSL) using a glucometer
- Dietary Changes
- Exercise regimen
- Oral medications such as Metformin or Glipizide
- Long acting insulin injections such as Lantus/Levemir
- Short acting insulin injections such as Novolog