

Fact Sheet



Division of Developmental Disabilities Health Care Services

Diabetes Type II

Diabetes is a chronic disease which cannot be cured and must be managed daily. Your body does not use the sugar and starch in food properly if you have Diabetes. Sugar levels in your blood can get too high. High blood sugar causes problems in the body. Diet, exercise, and diabetic medications like insulin can help keep blood sugar levels normal.

Fact Sheet guidelines have been provided as general information, not as a substitution for medical treatment from a physician.

Some Facts About Diabetes:

- Many people with diabetes do not know they have this disease.
- Type II Diabetes runs in families.
- Other risk factors include being overweight or not getting enough exercise.
- About 1 in 10 Americans has diabetes; most have type 2 diabetes.

Diabetic Complications:

Members with ongoing high blood sugar are at risk for:

- Skin - hard to heal infections and skin disorders
- Feet - pain, sores and serious infections which may require that toes or the foot be removed
- Eyes - glaucoma, cataracts, nerve damage and others
- Gum disease - there is a higher risk of gum disease with potential tooth loss
- Infections - more likely to get infections
- Neuropathy - a type of nerve damage leading to pain and numbness
- PAD (peripheral arterial disease) - blocked veins or arteries may cause pain in the leg, tingling and sometimes problems with walking
- Hypertension (high blood pressure) - raises the risk of kidney disease, eye problems, heart attack and stroke
- Premature Death - serious complications and death can occur with uncontrolled diabetes

What To Watch For:

Signs and symptoms of Diabetes:

- Urinate (pee) a lot, often at night
- Are very thirsty
- Lose weight without trying
- Are very hungry
- Have blurry vision
- Have numb or tingling hands or feet
- Feel very tired
- Have very dry skin
- Have sores that heal slowly
- Have more infections than usual

Type II Diabetes



Contact Your Primary Care Physician (PCP) If You Notice Any of These Symptoms

What To Do If You Think You Might Have Diabetes

- When signs and symptoms of diabetes are noted:
 - Make an appointment with your primary care physician (PCP)
 - Take a list of your symptoms to your appointment with the PCP
 - Complete labs or tests as ordered by your PCP

If You Have Diabetes

- Manage your health care:
 - See your PCP at least every 3 to 6 months and a specialist 2 to 4 times a year
 - Keep a list of all of your medications and take the list to your medical appointments
 - Take medications as ordered by the physician
 - Monitor and track blood glucose/blood sugar levels as directed
- Manage your self-care and lifestyle:
 - Create an exercise program and meal plan with your PCP's help
 - Weight control or weight loss as recommended by your PCP or specialist
 - Know the signs and treatment for low blood sugar and high blood sugar
- Notify your PCP or go to Urgent Care for these symptoms:
 - Hypoglycemia (low blood sugar):
 - Fast heartbeat
 - Shaking
 - Sweating
 - Nervousness or anxiety
 - Irritability or confusion
 - Dizziness
 - Hunger
 - Hyperglycemia (high blood sugar):
 - Being very thirsty
 - Being very hungry
 - Feeling more tired than usual
 - Urinating or peeing a lot more than usual
 - Losing weight without trying
 - Blurred vision

Emergency:

Call 9-1-1 when you feel or see any of the following:

- Hypoglycemia
 - Feeling weak
 - Having trouble walking or seeing clearly
 - Acting strange or feeling confused
 - Having seizures
- Hyperglycemia
 - Fast, deep breathing
 - Dry skin and mouth
 - Flushed face
 - Fruity-smelling breath
 - Headache
 - Muscle stiffness or aches
 - Being very tired
 - Nausea and vomiting
 - Stomach pain