

DIABETES (TYPE 2)

Type 2 Diabetes, the most common type of diabetes, is a disease that occurs when a person's blood glucose (sugar) is too high. Glucose is the main source of energy for our body and comes mainly from food. Insulin, a hormone made by the pancreas, helps glucose get into the body's cells to be used for energy.



RISK FACTORS

- Ages 45+
- Pre-diabetes
- Smoking
- High blood pressure
- Obesity or overweight
- Physical inactivity
- Family history of diabetes

SIGNS & SYMPTOMS

- Strong thirst
- Increased hunger
- Fatigue
- Frequent urination
- Dry mouth
- Weakness
- Blurred vision
- Unintended weight loss

COMPLICATIONS

- Heart diseases (cardiovascular)
- Eye damage (retinopathy)
- Nerve damage (neuropathy)
- Kidney damage (nephropathy)
- Dental health problems
- Slow healing
- Skin infections

DIABETES DISTRESS

Managing diabetes can be overwhelming and these feelings can cause distress. To cope:

- Pay attention to feelings
- Talk with a health care provider
- Talk with trusted family and friends
- Talk to other people with diabetes
- Do one thing at a time
- Take time to do things that are enjoyable
- Go out in nature



ROUTINE CARE

EVERY DAY

- Foot check
- Diabetes medicines
- Blood sugar checks
 - Before meals: 80 to 130 mg/dl
 - 1-2 hours after meals: Below 180 mg/dl

EVERY CLINICAL VISIT

- Review diabetes management plan
- Weight check:
 - Underweight: BMI below 18.5
 - Healthy Weight: BMI 18.5-24.9
 - Overweight: BMI above 25
- Complete foot exam
- Blood pressure check:
 - Healthy blood pressure: below 120/80
 - Early high blood pressure: between 120/80 and 139/89
 - High blood pressure: 140/90 or higher

TWICE EACH YEAR

- A1C test:
 - No diabetes: under 5.7
 - Pre-diabetes: 5.7-6.4
 - Diabetes: over 6.5

ONCE EACH YEAR

- Cholesterol test
- Complete foot exam
- Dental exam to check teeth and gums
- Dilated eye exam to check for eye problems
- Flu shot

KEEP THE NUMBERS IN CHECK

- Exercise 150 minutes each week
- Follow a balanced diet of vegetables, fruit, carbs, and protein
- Minimize sugary and high fat foods
- Control portion size

Even just a small amount of **WEIGHT LOSS** can reduce A1C by up to one full point

10 MINUTES of walking after meals can help control post-meal blood sugar by up to 22%

LEARN MORE

Managing Diabetes:
cdc.gov/diabetes/managing

Blood Pressure:
cdc.gov/bloodpressure/about.html

Obesity:
cdc.gov/obesity/adult/defining.html

CASCADIA PRIMARY CARE

To enroll in primary care services, call **(503) 674-7777** or speak with your Cascadia provider for more information.

We welcome all.

