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.