

## LIVE HEALTHY WITH TYPE 2 DIABETES

### MAKE HEALTHY LIFESTYLE CHOICES

As many as 25.8 million people in the United States have diabetes. Because symptoms of the disease often seem harmless, diabetes frequently goes undetected. In fact, 7 million people in the United States are unaware that they have the disease. Diabetes is a serious condition, but with proper treatment, people who have been diagnosed with diabetes can lead long and healthy lives.

### WHAT IS TYPE 2 DIABETES?

Type 2 diabetes, the most common type, is a chronic disease in which the body either does not produce an adequate amount of insulin or does not use insulin effectively. Insulin is a hormone necessary for the body to convert food into energy. Untreated, diabetes can lead to serious complications including cardiovascular disease, blindness and eye problems, kidney disease, nervous system disease, and amputations.

The American Diabetes Association encourages people with diabetes to work with their diabetes team—generally composed of their physician, nurse, dietitian, pharmacist, and diabetes educator—as well as to assume responsibility for day-to-day diabetes care by taking the following steps.

- Choose what, how much and when to eat
- Get physically active
- Take medication as prescribed by your physician
- Check blood glucose as directed by your physician
- Attend all appointments
- Learn all you can about diabetes

### BALANCE DIET AND EXERCISE

Although there is no cure for diabetes, the disease can be managed. To keep blood glucose in a healthy range, it is vital to balance food intake with exercise and prescribed medication. In general, 30 minutes a day of aerobic activity, on five or more days of the week is an appropriate amount of exercise. To lose weight, additional exercise may be necessary. If weight loss is recommended, losing as little as 10-15 pounds can yield results.

Symptoms of diabetes include frequent urination, extreme hunger, excessive thirst, unusual weight loss, and increased fatigue and irritability. If you experience symptoms of diabetes, consult a physician for diagnosis and treatment.



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## Don't Let Diabetes Sneak up on You

An estimated 25.8 million people in the United States have diabetes. Of these 25.8 million, 7 million do not know that they have the disease.

### SYMPTOMS OF DIABETES:

- › Frequent urination
- › Extreme hunger
- › Unexplained weight loss
- › Sudden vision changes
- › Excessive thirst
- › Fatigue



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## No Permita a la Diabetes Acercarse Sigilosamente a Usted

Calculan que 25.8 millones de personas en los Estados Unidos tienen la diabetes. De estos 25.8 millones, 7 millones no saben que tienen la enfermedad.

### LOS SÍNTOMAS DE LA DIABETES:

- › Orinar con frecuencia
- › Hambre extrema
- › Pérdida de peso inexplicada
- › Cambios repentinos de vista
- › Sed excesiva
- › Cansancio

IF YOU EXPERIENCE THESE SYMPTOMS, CONSULT A PHYSICIAN TO DETERMINE WHETHER OR NOT YOU MAY HAVE DIABETES.

IF YOU DO NOT HAVE A PHYSICIAN, CALL PAM COLEMAN, EMPLOYER RELATIONS MANAGER, AT (803) 395-2527.

SI USTED EXPERIMENTA CUALESQUIER DE ESTOS SÍNTOMAS, POR FAVOR, CONSULTE A UN MÉDICO PARA DETERMINAR SI TIENE LA DIABETES.

SI NO TIENE UN MÉDICO, LLAME PAM COLEMAN, EMPLOYER RELATIONS MANAGER, AT (803) 395-2527.