

Information About Type 2 Diabetes

Diabetes means there is too much sugar in the blood. The blood always has some sugar in it, because the body uses sugar for energy. But too much sugar in the blood is not healthy.

Did you know ?

- **The body makes insulin.**
Insulin is important because it helps move sugar from the blood into the cells for energy.
- **There are different types of diabetes. Type 2 diabetes is the most common.**
Type 2 diabetes happens when the body does not use insulin well and does not make enough insulin. This leads to high blood sugar.

Symptoms of High Blood Sugar

Symptoms can be severe or mild. Some people may not have any symptoms.



Blurred vision



Increased thirst



Tired most of the time



Frequent urination



Increased hunger



Unexplained weight loss



Only a blood test can show if a person has diabetes.

Ask a health care provider about:

- Getting tested
- Where one can learn more about diabetes

