TYPE II DIABETES
A guide for the newly diagnosed

What is diabetes?

- Diabetes is a disease that occurs when your body stops making or responding to a hormone called insulin made by the pancreas.

- Insulin helps move sugar out of your blood and into your cells, where it is stored.

- When insulin is not working correctly, too much sugar builds up in the blood.

- Over time, this extra sugar negatively affects many organs in the body, including the heart, brain, kidneys, and more.

Who gets diabetes?

- AT LEAST 1 in 3 people will develop diabetes in their lifetime.

Risk factors include:

- Age >45
- Obesity
- High blood pressure
- Family history
- Diabetes during pregnancy

How can it affect me?

- Stroke
- Blindness
- Heart attack
- Kidney disease
- Pain & numbness
How can I prevent complications?

- Stop smoking
- Manage high blood pressure
- Control your cholesterol
- Have regular eye exams
- Examine your feet every day for broken skin, blisters, or other changes
- Visit your doctor for blood tests (BUN & creatinine) to assess kidney function
- Talk with your doctor about taking an ACE inhibitor medicine

Did you know?

75-85% of people with diabetes die from a heart attack or stroke

What is a HgbA1C?

- You may hear your doctor talk about an "A1C" blood test.
- Hemoglobin A1C estimates your blood sugar over the last 2-3 months.
- It is one way to see if your current treatment is working.

Want more info?

Being diagnosed with diabetes can be overwhelming, but there are many resources available to help! Talk to your doctor or check out these sites online for support and more information:

- www.diabetes.org
- www.cdc.gov/diabetes
- www.diabetesadvocates.org
- www.niddk.nih.gov

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