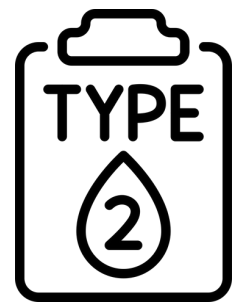


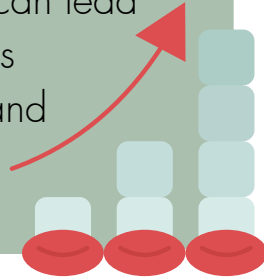
TYPE 2 DIABETES

LEARN MORE ABOUT TYPE 2 DIABETES TO
TAKE ACTION FOR YOUR HEALTH



TYPE 2 DIABETES BASICS

- Type 2 diabetes develops when there is a problem with the way the body uses sugar, leading to **too much sugar in the blood stream**
- Excess blood sugar can lead to issues in the body's circulatory, nervous and immune systems



KEY SYMPTOMS

- Increased thirst and hunger
- Frequent urination
- Unintended weight loss
- Fatigue
- Blurred vision
- Slow-healing sores
- Numbness or tingling in the hands or feet



KEY RISK FACTORS

- **Limited physical activity**, exercise helps to control weight and use up sugar as energy
- **Family history**, an individual's risk increases if a parent or sibling has type 2 diabetes
- **Older age**, especially after 35
- **Prediabetes diagnosis** with elevated blood sugar levels

WHAT CAN YOU DO?

- Aim for **150 minutes of moderate aerobic exercises** each week like walking or bicycling
- **Build a healthy diet** full of fruits and vegetables, whole grains and lean proteins
- **Talk to your doctor** to manage your blood sugar levels

