

UNDERSTANDING

# Type 2 DIABETES

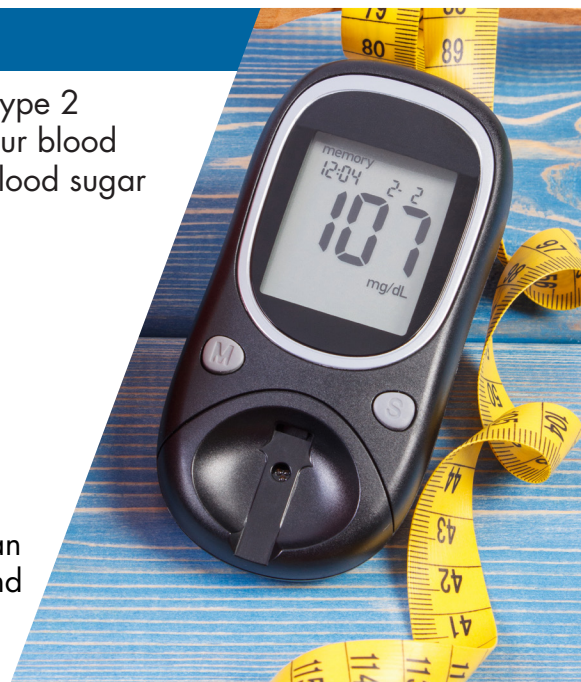
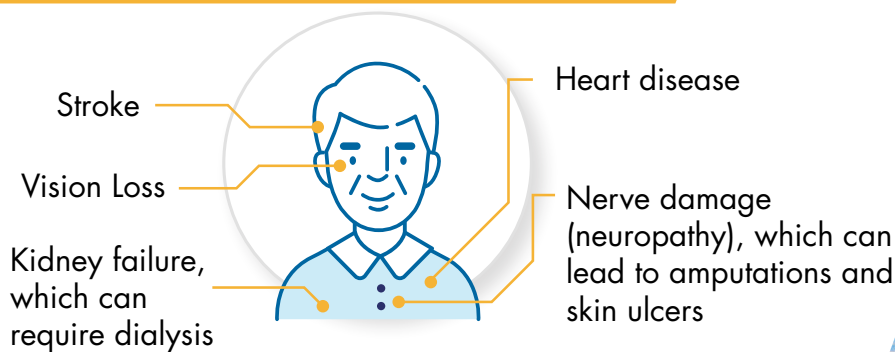
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## What is Type 2 diabetes?

Type 2 diabetes is the most common form of diabetes. If you have type 2 diabetes, your body does not use insulin properly, which causes your blood glucose (sugar) levels to rise higher than normal. Over time, high blood sugar levels can cause serious health problems.

## Common Diabetes Complications



## How can I help manage my diabetes?



Take your medication(s) as prescribed



Check your blood sugar level regularly and keep a log as directed

Consult a registered dietitian to develop a healthy, well-balanced diet of:

- fresh fruit and vegetables
- whole grains
- lean proteins (eggs, fish and poultry)



Exercise at least 30 minutes per day and stay active. Sample activities include walking, water aerobics or yoga.\*



Stop or avoid smoking or using tobacco products

Limit foods such as:

- Sugared-sweetened beverages (pop/juice)
- Carbohydrates (breads/pasta/rice and packaged snack foods)
- Trans Fats (margarine, creamers and fried foods)



Stay up to date with your health screenings



Work with your health-care team to set and maintain healthy living goals

\* Always consult a health-care professional before beginning an exercise program.

## Partnering with Your Health-care Team

It is important that you work with your health-care team to proactively manage your diabetes. Here is a guide to help understand how often you should see your provider and which screenings, tests or vaccinations might be needed:

### Every Medical Visit

- ☑ Foot exam
- ☑ Blood pressure
- ☑ Weight/BMI (*body mass index*)
- ☑ Review all medications

### Every Year

- ☑ Dilated eye exam
- ☑ Cholesterol panel
- ☑ Flu shot
- ☑ Kidney Function Tests
  - Urine AND Blood

### As Directed by Your Physician or Provider

- ☑ Meet with your health-care team
- ☑ A1C test\*
- ☑ Pneumonia vaccine
- ☑ Breast cancer screening
- ☑ Colon cancer screening
- ☑ Cervical cancer screening

*\*Recommended at least once a year*

## Why is an A1C test important?

The A1C test result reflects your average blood sugar level for the past two-to-three months. The higher your A1C level, the poorer your blood sugar control, which increases your risk of diabetic complications.

### An A1C Test can help you manage your diabetes by:

- Confirming self-testing blood sugar results
- Judging whether a treatment plan is working
- Showing you how healthy choices can make a difference in controlling your diabetes

The table below shows the average sugar levels based on your A1C:

A1C (%)	Estimated Average Sugar Levels (mg/dL)
12	298
11	269
10	240
9	212
8	183
7	154
6	126

My most recent A1C and date it was captured:

My A1C goal is:



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