

**Office of Integrated Health**  
**Health Information in a Nutshell**

Dr. Dawn M. Adams DNP, ANP-BC, CHC  
Director, Office of Integrated Health

## **Type II Diabetes**

---

### **What is Type II Diabetes?**

When you eat, some of the food is broken down into sugar, or glucose, which our body then turns into energy. An organ near the stomach, called the pancreas, makes a hormone called insulin which helps move sugar from your blood into your cells. Your body's cells need sugar for energy. The sugar from food makes your blood sugar level go up. Insulin, on the other hand, lowers our blood sugar level by helping the sugar move into your cells from your blood. With Type II diabetes, your body does not properly and use insulin and the sugars remain in the bloodstream longer than they should.

### **Signs and Symptoms of Type II Diabetes**

Some common signs and symptoms can include: frequent urination, excessive thirst, unexplained weight loss, extreme hunger, sudden vision changes, tingling or numbness in hands or feet, feeling very tired much of the time, very dry skin, sores that are slow to heal, and/or more infections than usual.

### **Risk Factors for Type 2 Diabetes**

Certain factors increase your risk of developing Type 2 diabetes. These risk factors include: being over 45 years of age, obesity, family history of diabetes, prior history of gestational diabetes (diabetes during pregnancy), impaired glucose tolerance, physical inactivity, and race/ethnicity. African Americans, Hispanic/Latino Americans, American Indians, and some Asia Americans and Pacific Islanders are at particularly high risk for Type 2 Diabetes (<https://www.cdc.gov/diabetes>).

### **Management of Type II Diabetes**

Regular physical activity, healthy eating, and blood glucose testing are the basic therapies for Type 2 diabetes. Some people may also require oral medications to control their blood glucose levels. People with diabetes should see a health care provider to monitor the control of their diabetes and help them learn to manage their diabetes.

### **Recommendations**

Awareness of risk is important. Be alert to symptoms of changes in a person's health status and seek guidance from a health professional for any changes. *With a change in any person's health status that results in acute care through an ED visit, Urgent Care visit, or hospitalization be sure to follow up on any recommended changes with the individual's usual Primary Care Provider.*

### **Resources**

[www.diabetes.org](http://www.diabetes.org)

[www.mayoclinic.org/diseases-conditions/Type-2-diabetes/home/ovc-20169860](http://www.mayoclinic.org/diseases-conditions/Type-2-diabetes/home/ovc-20169860)

[www.cdc.gov/diabetes/home/index.html](http://www.cdc.gov/diabetes/home/index.html)

---