When to See a Doctor?

- Experiencing symptoms
- Every 3 years after 40
- Before 40 if high risk:

Scan the QR code below to determine your risk for developing diabetes:

If diagnosed, monitor:

- A1C
- Blood pressure
- Cholesterol
- Kidneys
- Eyes
- Feet
- Heart

EVERY year or earlier by your family physician

How to Find a Doctor?

Scan the QR code below or call 811 to find a primary care doctor

Scan this QR code to learn more about diabetes

This pamphlet provides general health information based on current guidelines and is not a substitute for professional medical advice, diagnosis, or treatment. Always consult your physician or another qualified healthcare provider about any medical concerns or treatment questions.

Eat Smart. Move More. Live Better.



Simple Steps for Managing Type 2 Diabetes

What is Diabetes?



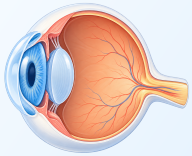
Diabetes is a condition where the body can't properly control **blood sugar levels**.

This causes sugar to **build up** in the blood, instead of being used for energy.

Common Symptoms

- Unusual **thirst**
- Frequent **urination**
- Extreme **fatigue**
- **Blurred vision**
- **Tingling/numbness** in hands or feet
- Weight **gain OR loss**

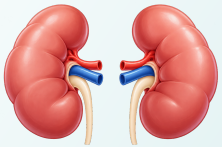
The Hidden Dangers of Uncontrolled Diabetes



Eye damage
leading to visual changes or blindness



Nerve damage
leading to limb infection or amputation



Kidney damage
requiring dialysis or transplant



Heart attack, stroke, high blood pressure, and **depression**

Diabetes Management

- **Monitor** blood glucose regularly & take your medications
- **Limit** smoking & alcohol consumption

Food

- **Limit** salt, fat, refined carbs, & sugary drinks
- Eat foods that keep **blood sugar steady:** lentils, beans, vegetables, whole grains, and lean proteins
- **Swap** white rice with brown rice or rice + lentils
- **Swap** desserts with unsweetened yogurt + pistachios

Exercise

- **Start with** 10 - 15 minutes per day of moderate activity
- **Can include** vacuuming, carrying groceries, gardening, ironing, & dancing