



Management and Treatment of Type II Diabetes

What Causes Diabetes?

Insulin is a hormone made by your pancreas that acts like a key to let blood sugar into the cells in your body for use as energy. When cells don't respond normally to insulin, it is called insulin resistance. Your pancreas makes more insulin to try to get cells to respond, but eventually can't keep up. This causes your blood sugar to rise, setting the stage for prediabetes and Type II Diabetes. High blood sugar is damaging to the body and can cause other serious health problems, such as heart disease, vision loss, and kidney disease.

Signs and Symptoms

- Increased thirst
- Frequent urination
- Unintended weight loss
- Blurred vision
- Numbness or tingling in the hands and feet

Diagnosis of Diabetes

An A1C blood test is typically performed to diagnose diabetes. This identifies what percent of your blood is made up of sugar over the past three months.

- Below 5.7% is normal
- 5.7% to 6.4% is considered prediabetic
- 6.5% or higher is a diagnosis of diabetes

If you are prediabetic or diabetic, work with your primary care physician and healthcare team to create a treatment plan that combines lifestyle changes and medical management. Be sure to:

- Visit your doctor or endocrinologist at least twice a year for an A1C test.
- Discuss with your doctor how often you should be checking your blood sugar. This can be done with a glucometer or continuous glucose monitor (CGM).
- Monitor your blood pressure and cholesterol.
- Create a healthy meal plan and choose foods that are low in sugar.
- Be more active — exercising can help remove sugar from your blood.

Sources:

1. <https://www.mayoclinic.org/diseases-conditions/type-2-diabetes/in-depth/diabetes-prevention/art-20047639>
2. <https://www.hsph.harvard.edu/nutritionsource/disease-prevention/diabetes-prevention/preventing-diabetes-full-story/>
3. <https://www.cdc.gov/diabetes/managing/problems.html>
4. <https://www.diabeteseducator.org/living-with-diabetes/aade7-self-care-behaviors/healthy-coping>