

How Does Type 2 Diabetes Affect Your Daily Life?

Type 2 diabetes is a chronic disease that affects how your body turns food into energy. With type 2 diabetes, your body doesn't make enough insulin or doesn't use insulin well. Glucose, or sugar, builds up in your blood instead of being used for energy.

There are many risk factors for type 2 diabetes, including:



How Does Type 1 Diabetes Affect Your Daily Life?

by Bethany Bryan

★★★★★ 5 out of 5

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Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 64 pages



- Obesity
- Physical inactivity
- Family history of diabetes
- Age (over 35)

- Race/ethnicity (African Americans, Hispanic Americans, American Indians, and Asian Americans are at increased risk)
- Certain medical conditions, such as high blood pressure, high cholesterol, and heart disease

Type 2 diabetes can lead to a number of serious health problems, including:

- Heart disease
- Stroke
- Kidney disease
- Eye damage
- Neuropathy (nerve damage)
- Amputation

Type 2 diabetes can also affect your daily life in a number of ways. For example, you may experience:

- Fatigue
- Blurred vision
- Frequent urination
- Increased thirst
- Weight loss
- Slow-healing sores

- Frequent infections

If you have type 2 diabetes, it's important to manage your blood sugar levels to prevent serious health problems. There are a number of things you can do to manage your blood sugar levels, including:

- Eating a healthy diet
- Getting regular exercise
- Taking medication, if needed
- Monitoring your blood sugar levels

Managing type 2 diabetes can be challenging, but it's important to remember that you're not alone. There are many resources available to help you manage your diabetes and live a healthy life.

Here are some additional tips for managing type 2 diabetes:

- **Set realistic goals.** Don't try to change too much too soon. Start by making small changes to your diet and exercise routine. As you become more comfortable with these changes, you can gradually add more.
- **Find a support system.** Talk to your family, friends, or a support group about your diabetes. They can offer you support and encouragement as you work to manage your diabetes.
- **Don't give up.** There will be times when you feel discouraged. But don't give up. Keep working at it, and you will eventually reach your goals.

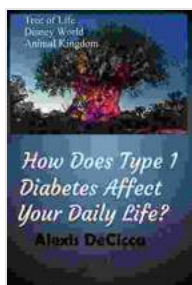
Type 2 diabetes is a serious disease, but it can be managed. By following these tips, you can live a healthy and fulfilling life with type 2 diabetes.

Symptoms of Diabetes

The infographic is divided into two rows of three panels each. The top row shows a woman drinking water (Increased thirst), a hand with a wound (Slow-healing cuts and sores), and a person slumped at a desk (Fatigue). The bottom row shows a blurry view of a building (Blurred vision), a person at a urinal (Frequent urination), and a person's torso showing weight loss (Unexplained weight loss). The Cleveland Clinic logo is at the bottom.

- Increased thirst.**
- Slow-healing cuts and sores.**
- Fatigue.**
- Blurred vision.**
- Frequent urination.**
- Unexplained weight loss.**

Cleveland Clinic



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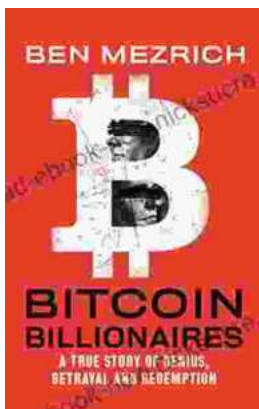
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