

What is diabetes mellitus?

- Your body's blood sugar levels are controlled by many hormones. Diabetes mellitus occurs when there is a problem with insulin, the hormone that regulates the amount of sugar in your blood
- High blood sugar has negative effects on all parts of the body

What are the two types of diabetes mellitus?

- Type 2: your body stops responding to insulin
 - 90% of people with diabetes
 - It is caused by genetics, diet, and lack of exercise
- Type 1: your pancreas stops making insulin

What are the symptoms of type 2 diabetes?

It is common to not have any symptoms. If you do, they can include:

- Needing to urinate often, especially at night
- Feeling thirsty
- Blurred vision
- Yeast infections
- Wounds healing slowly

How do I know if I have diabetes mellitus?

- There are multiple tests available to check your blood sugar levels
- Blood tests:
 - Blood glucose: represents your current blood sugar level
 - HgbA1c: represents your average blood sugar level over the last 3 months
- Urine test: when blood sugar levels are high enough, sugar can spillover into your urine.

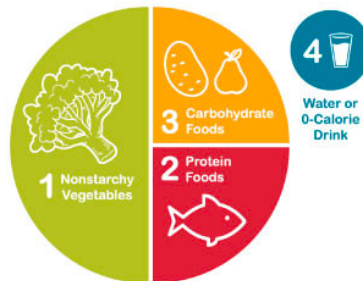
What kind of foods raise your blood sugar?

- Foods containing carbohydrates like: grains, pastas, rice, beans, fruit and many more
 - Carbohydrates are broken down by your body into sugar
- Foods containing natural and added sugars

How can I manage my blood sugar levels?

Lifestyle changes are the best way to manage blood sugar levels. This includes:

- Diet:
 - Eat more carbohydrates from fruit, vegetables, whole grains, and legumes
 - Avoid sugar sweetened beverages
 - Try to get protein from lean meat, beans, soy, and nuts
 - Certain fats are better than others
 - Good: Fish, olive oil, nuts
 - Bad: Cheese, ice cream, fatty meats



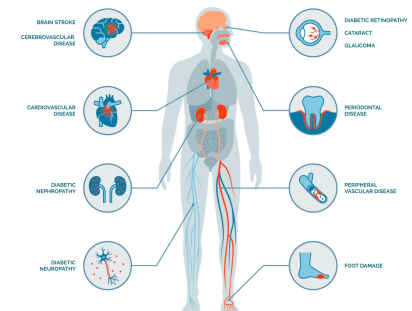
- Gentle aerobic exercise
- Avoid smoking
- Limit the amount of alcohol you drink
 - One drink per day for women
 - Two drinks per day for men

How can I treat type 2 diabetes?

- The best treatment is through changing your lifestyle
- Even with changes to your lifestyle, you may still need medication to lower your blood sugar. They can be taken by mouth or injection. Your medical provider will work with you to pick the best option

What are the long-term effects of poorly controlled blood sugar?

- Increased risk of heart disease and stroke
- High blood sugar can damage many organs:
 - Eyes
 - Kidneys
 - Nerves
- High blood sugar makes it harder for your body to heal. This can lead to:
 - Skin infections
 - Gum disease
 - Ulcers
 - Amputation of your limbs



If you experience these symptoms, you should seek care as soon as possible:

- Nausea
- Confusion
- Extreme thirst
- Changes in vision
- Fainting

Type 2 Diabetes Mellitus

General Information and Management



This pamphlet was created by Physician Assistant Students at Pacific University with information from UpToDate 2022 and The American Diabetes Association.

Photos:

- Meal circle: diabetes.com
- Complications: endocrine.org
- Glucose monitor and fruits: health.harvard.edu