

# Preventing *Type 2* Diabetes



According to the American Diabetes Association, more than 37 million people in the U.S. have diabetes. Of that 37 million, 90 to 95 percent have type 2 diabetes. Learn what you can do to prevent type 2 diabetes.

## What Is Type 2 Diabetes?

Diabetes is a disease in which blood glucose levels are above normal. Most of the food we eat is turned into glucose, or sugar, for our bodies to use for energy. The pancreas, an organ that lies near the stomach, makes a hormone called insulin to help glucose get into the cells of our bodies. When you have diabetes, your body either doesn't make enough insulin or can't use its own insulin as well as it should. This means glucose stays in the bloodstream where it can cause damage to the heart, kidneys, nerves, and eyes over time.

## Are You at Risk?

There are several risk factors for type 2 diabetes. Some you can control and some you cannot. Ask yourself the following questions to see if you could be at risk for diabetes:

### Non-Controllable Risk Factors

- Do/did your parents or any blood-related siblings have diabetes?
- Are you of African American, Hispanic/Latino, Native American/Alaska Native, Asian American, or Pacific Islander descent?
- Are you over 45 years of age?
- If you are a woman, did you have gestational diabetes?

### Controllable Risk Factors

- Are you overweight?
- Do you live a mostly sedentary lifestyle?
- Do you have prediabetes?

According to Mayo Clinic, the more yes responses you have to these questions, the higher your risk is for developing type 2 diabetes.

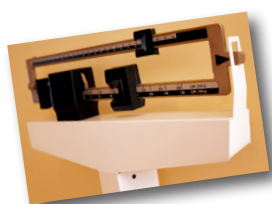
## Symptoms of Type 2 Diabetes

The signs and symptoms of type 2 diabetes often develop slowly. The ADA lists these as the most common symptoms:

- urinating often
- feeling very thirsty
- feeling very hungry, even though you are eating
- extreme fatigue
- blurry vision
- cuts and/or bruises that are slow to heal
- tingling, pain or numbness in the hands or feet

## Prevention

Everyone can take action to prevent diabetes by eating healthier and increasing activity. Research from the Centers of Disease Control and Prevention states losing a small amount of weight, and 30 minutes of physical activity, five days a week, can lower your risk for developing type 2 diabetes. Ask your doctor how often you should have your blood glucose tested, and talk with him or her about risk factors you have or if you are experiencing symptoms of type 2 diabetes.



Help prevent diabetes by eating healthier and increasing activity.

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