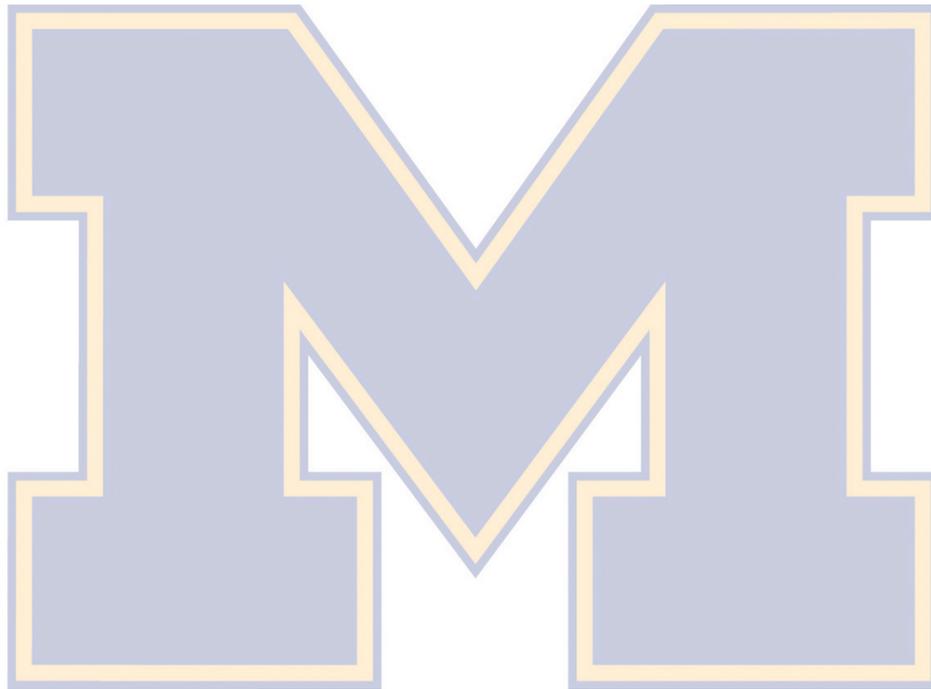


Newsletter #1



What is Type 2 Diabetes?

Type 2 diabetes is the most common form of diabetes. Approximately 90% of the people with diabetes have this kind. Unlike type 1 diabetes (formerly called insulin-dependent diabetes mellitus), in which the pancreas makes little or no insulin, people with type 2 diabetes usually make some insulin even though it may not be enough. Also, some persons with type 2 diabetes make large amounts of insulin but are resistant to its action. Their bodies cannot use the insulin effectively. Generally, type 2 diabetes occurs in people over the age of 30, but more younger people are getting type 2 diabetes. Most of the people who have this type are overweight. This type of diabetes also tends to run in families.

The goal of treatment for type 2 diabetes is to maintain a healthy, productive, long life. The person with diabetes can work with members of their health care team to achieve this goal. The treatment for type 2 diabetes involves closely managing diabetes by eating balanced meals at routine times and in consistent amounts, being physically active, taking pills, insulin and/or other medicines in order to keep blood sugar and blood pressure levels near normal.

Until recently, type 2 diabetes was not taken as seriously as it should be. In fact, for years it was referred to as "mild" or "stable" diabetes because symptoms are often not very severe and come on over time. But research has shown that the terms "mild" and "stable" no longer apply. Type 2 diabetes can cause a variety of serious health problems including heart, blood vessel, nerve, kidney and eye problems, ones that are as serious in the person with type 2 diabetes as they are in the person with type 1.

Research has shown that keeping your blood sugar, blood pressure and cholesterol values as close to normal as is safe for you can dramatically decrease the risk for long term complications among people with type 2 diabetes. Scientists continue to study the causes and treatment of diabetes and how to prevent complications. More is learned about this disease and its management every year. For people with diabetes, developing a treatment plan with their health care team and using this plan on a daily basis to manage their diabetes provides the best chance for a healthy future.

Ask your doctor, nurse or dietitian the following questions:

1. Which type of diabetes do I have?
2. Is there an education program that I can attend to learn more about type 2 diabetes?
3. What can I do to lower my blood sugar levels, blood pressure and cholesterol?