According to the Centers for Disease Control and Prevention (CDC), the prevalence of diabetes has more than doubled since 1980. In 2018, an estimated 34.2 million people in the United States were living with diabetes, or 10.4% of the population. Diabetes is a chronic disease that occurs when the body does not produce enough insulin, or when the body does not effectively use the insulin it makes. This can result in high blood sugar levels, which can lead to serious health problems if not managed properly.

WHAT CAUSES TYPE 2 DIABETES?

Type 2 diabetes is the most common type of diabetes and is characterized by high blood sugar levels. It usually occurs in people over the age of 45, but it can also affect younger adults. Type 2 diabetes is often caused by a combination of factors, including genetics, lifestyle, and weight. Some people who are genetically predisposed to Type 2 diabetes may develop the condition if they do not maintain a healthy lifestyle.

WHAT ARE SOME OF THE SYMPTOMS OF TYPE 2 DIABETES?

The symptoms of Type 2 diabetes can vary from person to person, but some common signs include:

- Frequent urination
- Increased thirst
- Fatigue
- Weight loss
- Blurred vision
- Skin infections
- Infection in the foot or leg

If you have any of these symptoms, it is important to talk to your doctor about testing for diabetes. Early detection is key to preventing complications of diabetes.

FIVE THINGS TO KEEP DIABETES FROM GETTING THE BEST OF YOU

According to the CDC, the U.S. has the highest rate of diabetes among all countries, with an estimated 10.4% of the population living with diabetes. In 2018, an estimated 34.2 million people in the United States were living with diabetes, which is an increase of 4.3 million since 2014. Diabetes is the leading cause of kidney disease, heart disease, and retinopathy. It is also a leading cause of vision loss. By controlling your blood sugar levels, you can reduce your risk of complications from diabetes.

DID YOU KNOW?

According to the CDC, diabetes is the leading cause of blindness in people of working age. Diabetes is the leading cause of kidney failure, and it is the leading cause of amputations. Diabetes is also a leading cause of heart disease. By controlling your blood sugar levels, you can reduce your risk of complications from diabetes.

Five Things to Keep Diabetes From Getting the Best of You

1. Getting a regular exercise
2. Eating a healthy diet
3. Taking medication as prescribed
4. Monitoring blood sugar levels
5. Staying informed and communicating with your healthcare provider

To learn more about diabetes and how to manage it, visit the American Diabetes Association at diabetes.org. Early detection is key to preventing complications of diabetes.

NEW FOR PATIENTS

MyChart is a free, secure, and easy way to access your health information and care providers online. To learn more and sign up, visit montagehealth.org/mychart.