

## What is TYPE 2 DIABETES?

▶ A condition that occurs when your body **CAN'T PROPERLY PROCESS SUGAR INTO ENERGY**

- ▶ The body fails to use insulin correctly, or
- ▶ The pancreas fails to make enough insulin



1 in 4 adults with diabetes don't know they have it

More than 29 million adults in the U.S. have diabetes

## What are the SYMPTOMS?

Feeling hungry even while eating

Extreme thirst

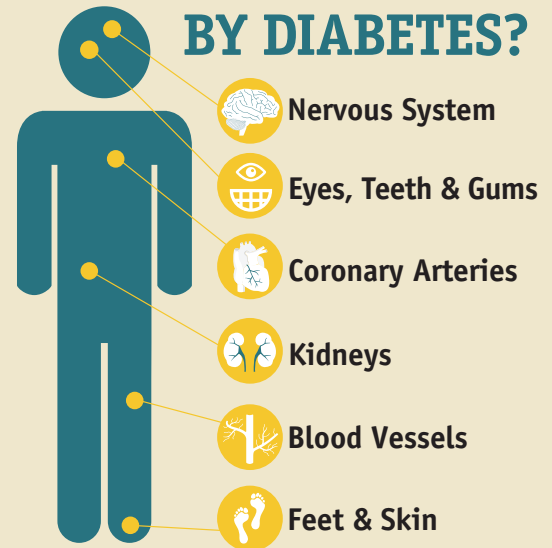
Frequent urination

Slow-healing cuts

Numbness in hands or feet

Blurred vision

## What Parts of Your Body Can BE AFFECTED BY DIABETES?



## Why is it DANGEROUS?

High blood sugar can:

Increase risk of heart disease or heart failure

Lead to stroke

Threaten vision, limbs & extremities

Cause high blood pressure

Raise cholesterol

Information provided for educational purposes only. Please consult your health care provider regarding your specific health needs.

▶ For more information, visit [CardioSmart.org/Diabetes](http://CardioSmart.org/Diabetes)

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