What is Type 2 Diabetes?

Some foods we eat, like bread, rice and noodles, become a type of sugar called glucose. Glucose is the fuel for our body. It travels through the blood, to the muscles where it is used for energy.

Insulin is needed to move glucose out of the blood and to the muscles. Our bodies make insulin in our pancreas.

When we have diabetes, it means our body doesn't move glucose out of the blood the way it should.

There can be two reasons for this:

- Your muscles don't use insulin very well
- And/or your pancreas might not be making enough insulin

With diabetes, extra glucose can stay in your blood for a long time after a meal. When this happens, your muscles don't get the energy they need, and your body tries to get rid of the extra glucose through the urine.

There is no cure for diabetes. It takes time to get used to some of the changes you will need to make, but diabetes is something you CAN learn to manage. If you take small steps towards healthy eating and being more active, you can keep your blood sugars under control.

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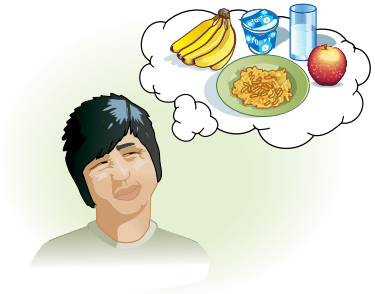
Munarhiliqiyikkut Inuuhiriknirmullu
Department of Health and Social Services
Ministère de la Santé et des Services sociaux

Signs of Type 2 Diabetes



If might be hard to know if you have diabetes, but there may be some signs.

You might have Type 2 Diabetes if:

- You are always tired
- You are always thirsty
- You need to pee a lot
- You are hungry all the time
- Your vision is blurry
- You have numb or tingling hands or feet
- Your cuts heal slowly
- You are a woman who has frequent yeast infections
- You have frequent urinary tract infections
- You are a man having problems getting and keeping an erection

If these signs last for a week or more you need to get your blood glucose (blood sugar) tested. Make an appointment to see your health care provider.

The sooner you know, the sooner you can take steps to help prevent health problems which are caused by high blood glucose.

Aboriginal Diabetes Initiative

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