



DID YOU KNOW?

You can manage your diabetes by keeping your blood sugar at normal levels through diet, exercise, or by using insulin or diabetes medications as prescribed by your health care provider.

FDA encourages diverse participation in clinical trials.

If you think a clinical trial may be right for you, talk to your health care provider.

You can also search for clinical trials in your area at www.clinicaltrials.gov.

FOR MORE INFORMATION

 www.fda.gov/healthequity

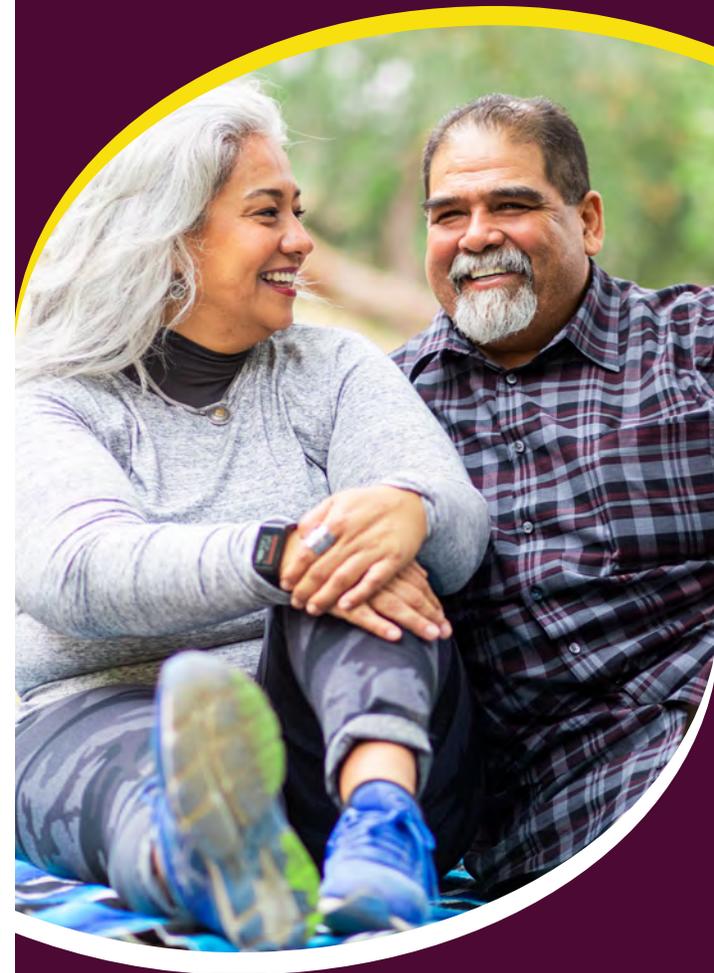
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LIVING WITH TYPE 2 DIABETES



FDA Office of Minority Health and Health Equity



What is type 2 diabetes?

Type 2 diabetes is a disease that happens when your body does not make or use insulin well. Insulin, a hormone made by the pancreas, helps glucose (sugar) from the foods you eat get into your cells to be used for energy.

Without insulin, glucose stays in your blood (high blood sugar) and doesn't reach your cells. Over time, uncontrolled diabetes can lead to other serious health problems such as heart disease, kidney disease, and vision loss.



YOUR A1C LEVELS

The A1C test measures your average blood sugar levels over the past 3 months. For most people living with diabetes, a test result of 7% or less is ideal. Higher A1C levels put you at risk for diabetes complications.

Check your A1C levels by getting tested at least twice a year, more often if your medication changes or if you have other health conditions.

Diagnosis	A1C Level
Normal	Below 5.7%
Prediabetes	5.7% to 6.4%
Diabetes	6.5% or above

How is type 2 diabetes treated?

The goal of diabetes treatment is to keep your blood sugar at normal levels. Your health care provider will determine your blood sugar goal, the range you should try to maintain as often as possible, and how often to check your blood sugar using a blood sugar meter (glucometer) or continuous glucose monitor (CGM).

A blood sugar meter requires you to place a drop of blood, usually from your fingertip, into the meter on a disposable test strip to get a reading. A CGM uses a glucose sensor inserted under your skin to measure sugar levels every few minutes.

Some people living with type 2 diabetes can manage their disease by making healthy food choices and being more physically active.

- **Make healthy food choices.** The key to managing blood sugar is eating healthy foods in the right amounts at the right times. Work with a dietitian or diabetes educator to create a healthy eating plan.
- **Be more physically active.** Being active helps your body use insulin effectively and better control your blood sugar levels. It also lowers your risk for heart disease and nerve damage.



Many people with type 2 diabetes may need to take diabetes medications. These may include pills, insulin, or other injectable medications.

If lifestyle changes are not enough to manage your weight, bariatric surgery is one option that can help you lose weight and control your blood glucose levels.

DIABETES AND KIDNEY HEALTH

Having diabetes raises your risk of kidney disease (nephropathy). Keep your kidneys healthy by:

- Managing your blood sugar
- Eating healthy
- Being physically active
- Managing your blood pressure
- Not smoking

