



diabetes
in a new *Light*[®]

Diabetes in a New Light[®]

Type 2 Diabetes Fact Sheet

Understanding type 2 diabetes and its implications is an important part of diabetes management. For tips and advice on simple ways to manage type 2 diabetes every day, visit www.DiabetesinaNewLight.com.

Who is Affected

Diabetes affects nearly 26 million people or approximately 8.3 percent of the U.S. population. Over the last thirty years, the number of Americans with diabetes has tripled.

Most people with diabetes – about 90 to 95 percent – have type 2. While it can happen to anyone, people who are older, overweight, have a family history of the disease or experienced it while pregnant have a greater likelihood of developing type 2 diabetes. Certain ethnicities such as African Americans, Latinos, Native Americans and Asian Americans are also at greater risk.

About Type 2 Diabetes

Type 2 diabetes occurs when the body cannot make enough insulin or prevents the insulin it does make from working right.

Fortunately, type 2 diabetes can be controlled with proper daily management.

Managing Type 2 Diabetes

To properly control diabetes and prevent or delay diabetes-related complications, the American Diabetes Association recommends that A1C levels stay below seven percent. A1C is a measure of average blood sugar over two to three months. Studies have shown that every percentage point drop in A1C can reduce the risk of eye, kidney and nerve diseases by 40 percent.

It is important to keep blood sugar levels close to normal to minimize the risk of low and high blood sugar levels. An A1C test, at least twice a year, provides feedback on how well a treatment plan is working.

Type 2 diabetes can be controlled by following a healthy diet and exercise program, losing excess weight and taking medication. A variety of medications are available to treat type 2 diabetes and include oral, insulin and non-insulin injectables. When it comes to selecting a treatment, patients should discuss all options with their healthcare provider to decide what is right for them.

For more information on *Diabetes in a New Light*[®] and to learn about how Paula Deen manages her type 2 diabetes, visit www.DiabetesinaNewLight.com.