

## DIABETES TYPE 2

### WHAT IS DIABETES TYPE 2?

Diabetes Type 2 is the most common form of diabetes. Insulin, a hormone made by your pancreas, helps move the glucose from the blood stream into the cells to be used for energy. Without insulin, your blood glucose rises. In people with diabetes type 2, the pancreas does not make enough insulin or your body does not respond appropriately to insulin. Uncontrolled diabetes with elevated blood sugar damages the inside lining of coronary arteries. Patients with diabetes have a two to three fold risk for developing cardiovascular disease.

### RISK FACTORS:

You are at increased risk for Diabetes Type 2 if you:

- are overweight
- are physically inactive
- have a parent, brother, or sister with diabetes
- are African American, Native American, Asian American, Pacific Islander, or Hispanic American
- have had a baby weighing more than 9 pounds or have had gestational diabetes
- have high blood pressure (over 140/90mmHg)
- have low HDL cholesterol (35 mg/dl or lower) or high triglycerides (250 mg/dl or higher)

### DIAGNOSING DIABETES TYPE 2

#### FASTING BLOOD GLUCOSE:

The fasting blood glucose test measures your blood glucose after you have not eaten since midnight. This test is most reliable when done in the morning.

Normal fasting glucose levels are under 100 mg/dl.

Pre-diabetes is or insulin resistant diagnosed when fasting glucose levels are between 100 and 125 mg/dl. These glucose levels are above normal but not high enough to be called diabetes.

Diabetes is present with fasting plasma glucose level of 126 mg/dl or higher.

#### A1C:

A1C is a blood test that reflects your average blood glucose level for the two to three month period before the test. Your healthcare provider uses it to determine how well you are managing your blood sugar. In diabetes a goal of less than 7 percent is desirable, which corresponds to an average blood glucose level of 150 mg/dL.