

UNDERSTANDING TYPE 2 DIABETES

What is Type 2 Diabetes?

A condition where your body doesn't use insulin properly, leading to high blood sugar levels. This occurs when your body becomes resistant to insulin or doesn't produce enough insulin.



UNDERSTANDING AND MANAGING TYPE 2 DIABETES:

A COMPREHENSIVE GUIDE FOR PATIENTS AND FAMILIES

Common Symptoms

- Increased thirst and urination
- Fatigue
- Blurred vision
- Slow-healing wounds
- Unexplained weight loss



Management Strategies Blood Glucose Monitoring

- Check blood sugar regularly
- Keep a log of readings
- Know your target ranges
- Recognize warning signs

Lifestyle Modifications

- Regular physical activity
- Balanced diet
- Weight management
- Stress reduction



TECHNOLOGY TOOLS

Modern Monitoring

- Continuous Glucose Monitoring (CGM)
- Smart insulin pens
- Digital health apps
- Remote monitoring systems

Digital Resources

- Telehealth services
- Online support groups
- Educational websites
- Mobile tracking apps

COMMUNITY RESOURCES

Support Services

- Local support groups
- Diabetes education programs
- Nutritionist consultations
- Exercise programs

Emergency Contacts

- Primary care physician
- Local emergency services
- 24/7 nurse hotline
- Pharmacy services

*Diabetes
Education
Solutions*



COST MANAGEMENT TIPS

Insurance & Coverage

- Review insurance benefits
- Understand copays and deductibles
- Explore Medicare/Medicaid options
- Appeal coverage denials

Financial Assistance

- Prescription assistance programs
- Patient advocacy groups
- Generic medication options
- Manufacturer discounts