### UNDERSTANDING TYPE 2 DIABETES

#### What is Type 2 Diabetes?

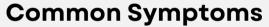
A condition where your body doesn't use insulin properly, leading to high blood sugar levels. This occurs when your body becomes resistant to insulin or doesn't produce enough insulin.





# UNDERSTANDING AND MANAGING TYPE 2 DIABETES:

A COMPREHENSIVE GUIDE FOR PATIENTS AND FAMILIES



- 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