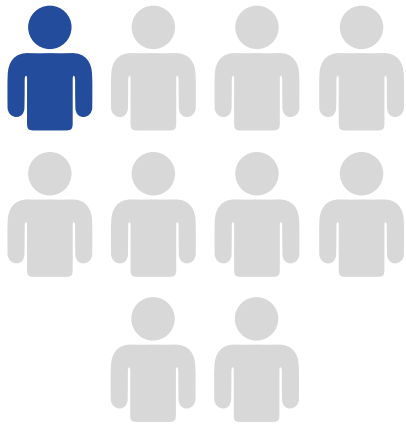


WHAT IS TYPE 2 DIABETES?

Type 2 diabetes happens when your body does not make or use insulin well, which causes high blood sugar levels.



ABOUT **1** IN **10**
ADULTS HAVE
TYPE 2 DIABETES

Symptoms often develop slowly and can be mild. Many people have no symptoms.



Increased thirst
and urination



Increased
hunger



Blurred
vision



Sores that
don't heal



Unexplained
weight loss



Increased
fatigue

DID YOU KNOW?

Type 2 diabetes most often occurs in middle-aged and older adults but can develop at any age.

Lower your risk for type 2 diabetes



Normal blood
pressure



Balanced
diet



Weight
management



Active
lifestyle



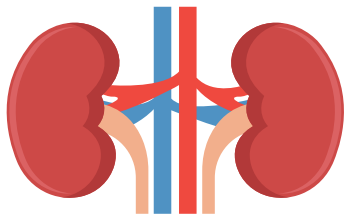
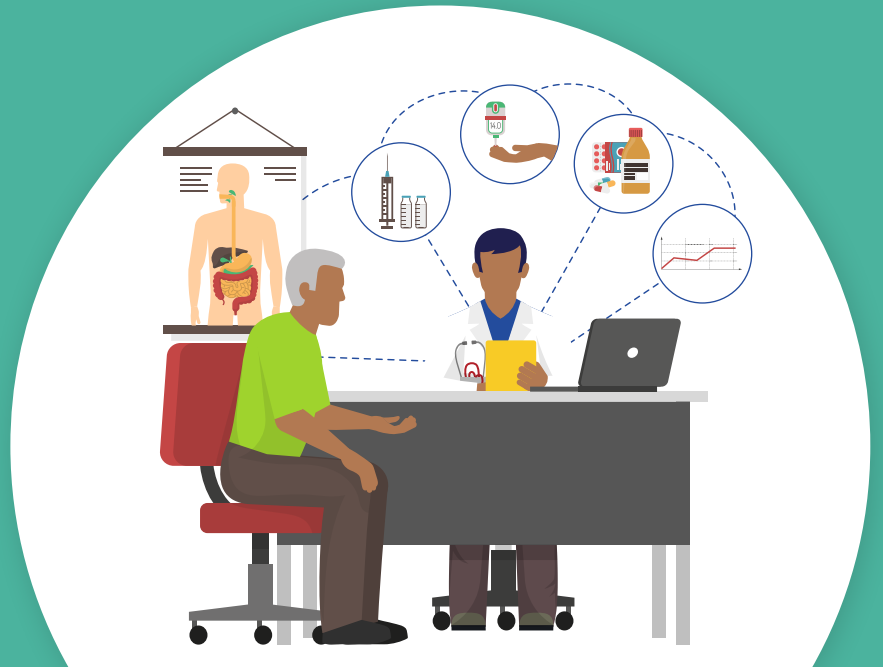
Not
smoking

DIABETES AND OLDER ADULTS

Type 2 diabetes happens when your body does not make or use insulin well, which causes high blood sugar levels.

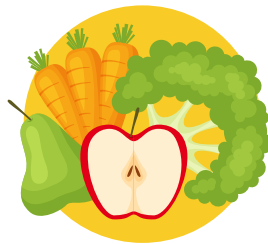


DIABETES AFFECTS
1 IN 4 PEOPLE
OVER THE AGE
OF **65**.



Older adults have the **highest rate** of diabetes-related end-stage kidney disease. This happens when your kidneys begin to fail and dialysis (removal of waste products and excess fluid from the body) or kidney transplantation is needed.

Keep your kidneys healthy if you have diabetes by:



Eating healthy



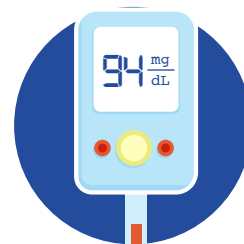
Being physically active



Controlling your blood pressure



Not smoking



Controlling your blood sugar



Taking medications as prescribed