

# What you need to know about Type 2 diabetes

## Why does diabetes matter?

- ❖ Diabetes is the 5th leading cause of death for Asian Americans and Pacific Islanders
- ❖ Diabetics are at 2-4 times greater risk for heart attacks and strokes
- ❖ Uncontrolled diabetes often comes with signs and symptoms (Figure 1)
- ❖ **1 in 2** Asian Americans with diabetes don't know they have it because they don't appear to be overweight, so many do not get screened for Type 2 diabetes mellitus (T2DM)



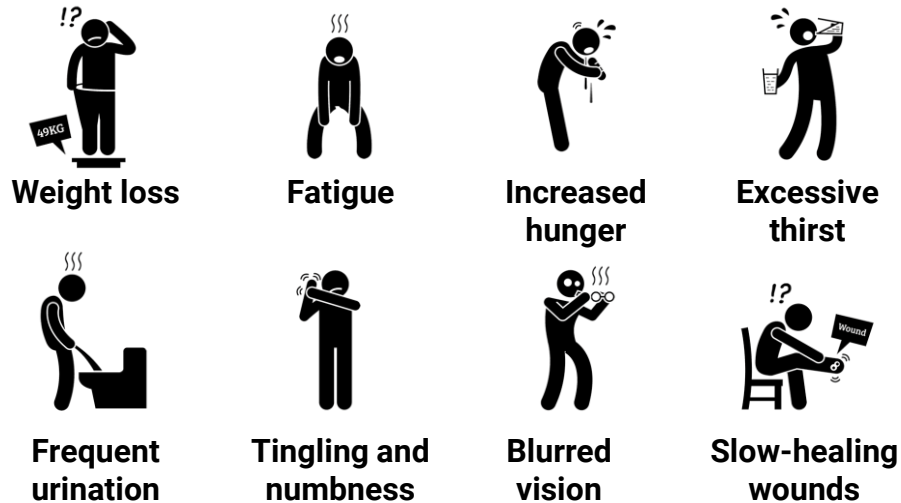
## What is Type 2 diabetes?

Type 2 diabetes, the most common type of diabetes, causes high blood sugar due to the reduced production of insulin and insulin resistance. Insulin resistance is when glucose in the blood cannot enter the cells as easily because the cells do not respond to insulin properly.

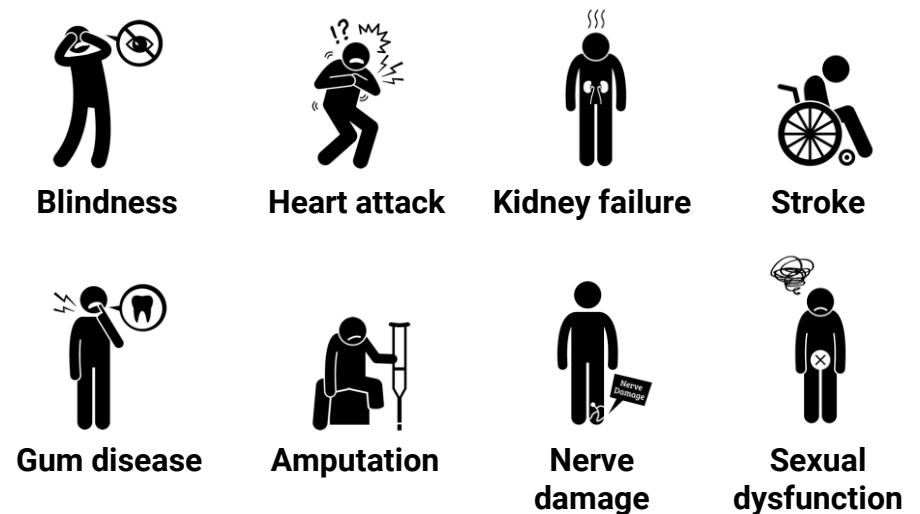
## Prevention and awareness

Prolonged high blood sugar due to uncontrolled diabetes can lead to long-term complications (Figure 2). T2DM can be managed through diet, medication, and physical activity. Monitor blood sugar with regular check-ups.

## Figure 1 - Signs & Symptoms



## Figure 2 - Long-Term Complications



Speak with your doctor about a plan that's right for you to prevent or manage diabetes.



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