



Understanding and preventing type 2 diabetes



What is type 2 diabetes?

It's when your body does not make enough insulin or cannot use its own as well as it should. Insulin helps sugar get into the cells of our bodies to produce energy. With diabetes, sugar builds up in the blood instead. If untreated, diabetes can cause serious conditions, such as heart disease, blindness and kidney disease.

Diabetes is common, so get tested if you have any of these symptoms:

- Frequent urination
- Increased thirst
- Extreme fatigue
- Blurred vision
- Cuts or bruises that are slow to heal
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Stop diabetes before it starts

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Type 2 diabetes doesn't happen overnight. It happens over time. And there are things that impact your risk for getting diabetes, such as your weight, eating habits and activity level.

