

EMPLOYEE HEALTH SOLUTIONS

TYPE II DIABETES

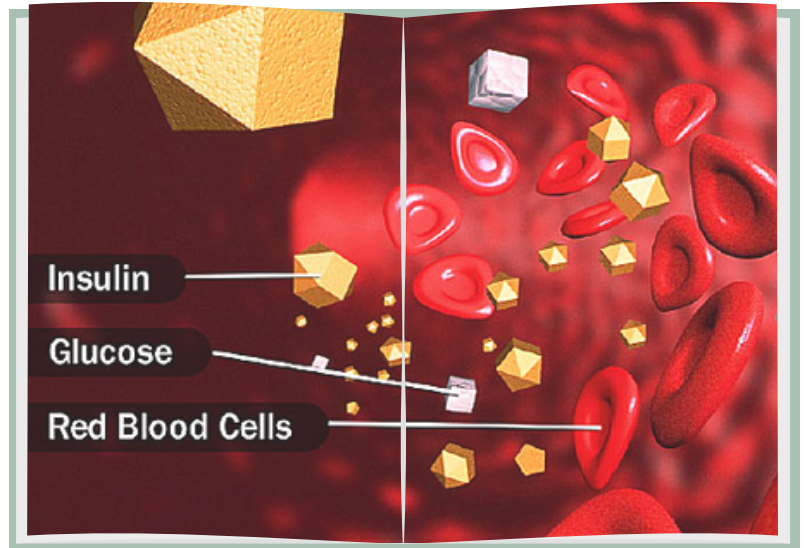
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What is Diabetes?

What it Looks Like in the Body

Insulin is a hormone produced in the body that controls the amount of glucose (sugar) in the blood. Without insulin or if the body resists the effect of insulin, high blood sugar will develop. This is known as **diabetes mellitus** or **diabetes**.



Types of Diabetes

There are three main types of diabetes: gestational, type I, and type II diabetes.

Gestational diabetes is when insulin resistance created during pregnancy develops further into diabetes.

Often developed in childhood, **type I** or **insulin-dependent diabetes** occurs when the body is unable to produce insulin.

Type II or **non-insulin-dependent diabetes**, the most common form, can develop in individuals of all ages. Here, the body can still produce insulin that either is not enough or is resisted.

What May Cause Type II?

There is no singular cause responsible for diabetes. It can be caused by a variety of reasons. However, in addition to those factors, one is more likely to develop type II diabetes if not physically active and if they are overweight.

Risk Factors

- High blood pressure
- Sex (males are at greater risk)
- High cholesterol or other fats in the blood
- Older age (>40 years)
- A parent or sibling with diabetes
- High alcohol intake
- Ethnicity (Asian, African, Arab, Hispanic, Indigenous, South Asian backgrounds)
- Existing health conditions (Polycystic Ovary Syndrome, obstructive sleep apnea, heart disease, and more)

Symptoms

- Frequent urination
- Blurred vision
- Infections and wounds are slow to heal
- Tingling/numbness in hands and feet
- Excessive daytime fatigue
- Weight change
- Frequent thirst

Complications When Left Untreated

- Blindness
- Nerve damage (diabetic neuropathy)
- Kidney disease (nephropathy)

When to Seek Care

When left untreated, type II diabetes can lead to serious health complications including mental health problems or heart disease. If you or a loved one experience any symptoms, it is strongly recommended to **consult a healthcare professional** and screen blood sugar levels. Seeking help immediately is the best choice for your health.



Improve Lifestyle, Decrease Risk

Having a **healthy, active lifestyle** is the first step towards prevention of diseases such as type II diabetes. A **balanced nutrition plan** is vital to promoting stable blood sugar levels.

Exercise

Being physically active is an effective way to lower blood sugar and help prevent type II diabetes. Low physical activity is as much of a risk factor for dying as smoking is! Aim for at least **150 minutes** of aerobic activity every week and resistance/strength-building exercises **2-3 times a week**. Consult a medical professional if you have been inactive for a while and are starting an exercise plan.

Examples of Aerobic Activities

- Walking
- Cycling
- Yoga
- Swimming
- Dancing

Examples of Strength Exercises

- Push-ups
- Bicep curls
- Squats
- Lunges

Examples of Low GI Foods

- Steel-cut oats
- Barley
- Quinoa
- Sweet potato
- Almond milk
- Greek yogurt
- Plain popcorn
- Unripe banana
- Berries
- Apple
- Orange
- Chickpeas
- Lentils

Nutrition

All foods that have carbohydrates (sugars) in them have a **glycemic index (GI)**. GI is a scale that indicates how much a food raises your blood sugar. To help decrease risk of type II diabetes, a **low-GI diet** is recommended. Consuming **moderate portion sizes** and more **whole foods** while considering GI is a great start to a healthy nutrition plan!

Resources

- <https://www.webmd.com/diabetes/guide/types-of-diabetes-mellitus>
- <https://www.diabetes.ca/en-CA/about-diabetes/type-2/symptoms>
- https://cdn.shopify.com/s/files/1/0278/4195/3878/articles/DIABETES_CANVA_7e9c4514-4887-49c1-b095-f2a5efcb1ef9_1024x1024.png?v=1601374636
- https://img.webmd.com/dtmcms/live/webmd/consumer_assets/site_images/article_thumbnails/reference_guide/what_your_own_insulin_does_ref_guide/650x350_what_your_own_insulin_does_ref_guide.jpg
- <https://www.healthline.com/health/diabetes-symptoms>
- <https://www.diabetes.ca/en-CA/about-diabetes/type-2/complications>
- <https://www.webmd.com/diabetes/diabetes-causes>
- <https://www.cdc.gov/diabetes/images/managing/GettyImages-blood-sugar-main.jpg>
- [https://www.diabetes.ca/managing-my-diabetes/tools---resources/the-glycemic-index-\(gi\)](https://www.diabetes.ca/managing-my-diabetes/tools---resources/the-glycemic-index-(gi))
- <https://www.diabetes.ca/DiabetesCanadaWebsite/media/Managing-My-Diabetes/Tools%20and%20Resources/glycemic-index-food-guide.pdf?ext=.pdf>
- <https://www.diabetes.ca/managing-my-diabetes/tools---resources/physical-activity>
- <https://acewebcontent.azureedge.net/blogs/opengraphimages/blog-fitnovatives-021315-7.jpg>