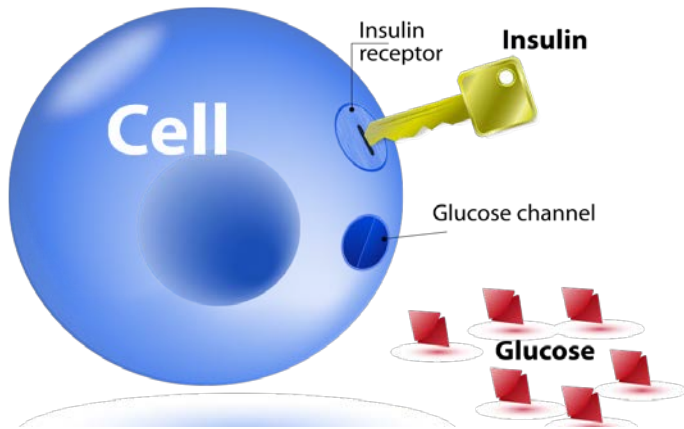


# Type 2 Diabetes



**Type 2 diabetes happens when**



The body is not able to use insulin well: called **insulin resistance**

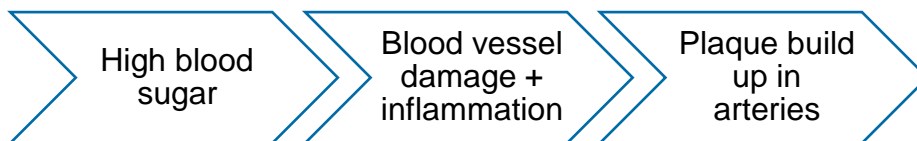


The body makes less insulin: called **insulin deficiency**

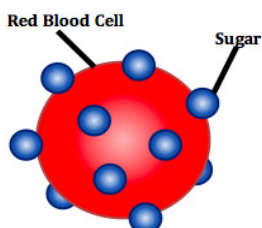
## Risk factors for type 2 diabetes

- **Being overweight:** BMI higher than 25
- **Age:** over 45 years of age
- **Family history:** mother, father, sister, or brother with type 2 diabetes
- **Family heritage:** African-American, Hispanic, Native American, or Asian
- **Health history:** gestational diabetes or polycystic ovarian disease in women

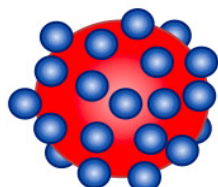
## Complications caused by type 2 diabetes



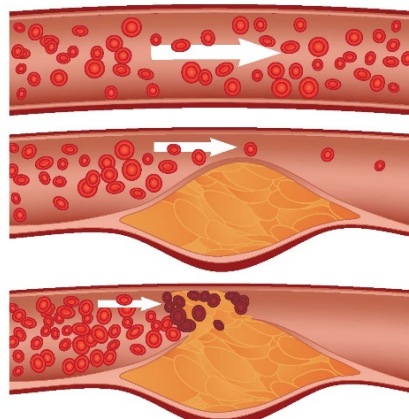
**Stroke  
Heart Attack  
Eye damage  
Kidney damage  
Nerve damage**



Low A1c



High A1c



**Treatment for type 2 diabetes includes**

