

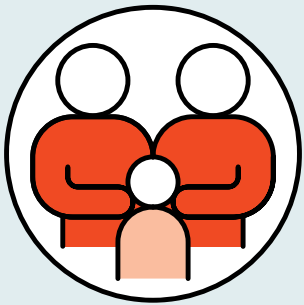
# – TCOYD® TALKS **TYPE 2 DIABETES** –

Over 30 million people in the United States have type 2 diabetes and only  $\frac{2}{3}$  of them know they have it because of the lack of symptoms in the early stages.

## – **WHAT IS TYPE 2 DIABETES?** –

Type 2 diabetes occurs when the cells in your body don't respond normally to the glucose-lowering effects of insulin (insulin resistance) and the pancreas does not produce enough insulin. Type 2 diabetes often does not have any symptoms, but some symptoms may include increased thirst, frequent urination, and blurred vision.

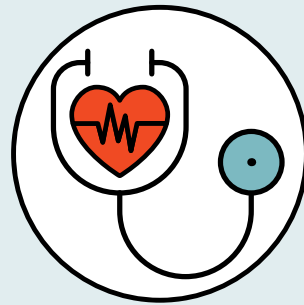
## – **RISK FACTORS FOR DEVELOPING TYPE 2 DIABETES** –



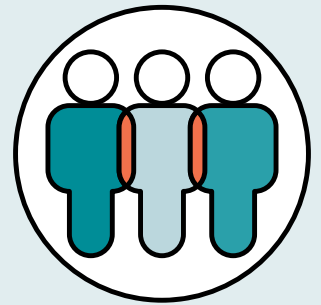
**FAMILIAL CONNECTION**  
80% of people with T2D have a first-degree or second-degree relative with T2D



**BEING OVERWEIGHT**  
Especially with central or abdominal obesity

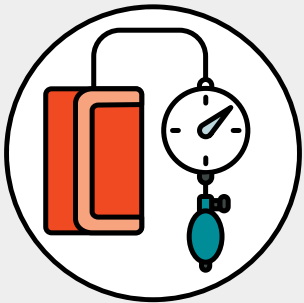


**ASSOCIATED CONDITIONS**  
Having other conditions such as high blood pressure and/or abnormal cholesterol levels

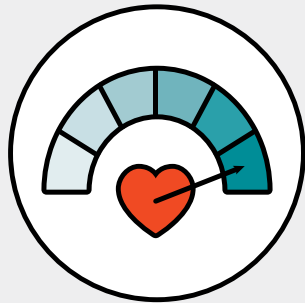


**ETHNICITY**  
Certain ethnic groups are more prone to T2D such as African Americans, Native Americans, Pacific Islanders & Latinos

## – **MEDICAL CONDITIONS ASSOCIATED WITH TYPE 2 DIABETES** –



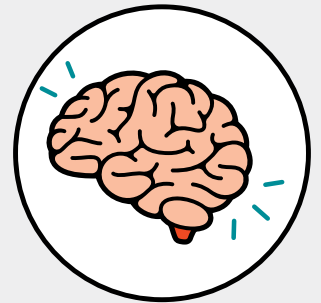
**HIGH BLOOD PRESSURE**



**ABNORMAL CHOLESTEROL LEVELS**



**HEART DISEASE**



**STROKE**

***If you are at risk or think you have type 2 diabetes, visit your healthcare provider to get tested with an HgbA1c and/or a fasting glucose value.***