

Diabetes Information (Continued)

Type II Diabetes

90% of the diabetic population have Type II diabetes. With this type, the body usually makes insulin but the insulin does not work the way it should. In some cases the body does not make enough insulin.

Some people with Type II diabetes have mild to no symptoms.

Common signs of Type II:

- **Increased thirst**
- **Frequent urination**
- **Itchy or dry skin**
- **Fatigue**
- **Blurred vision**
- **Dizziness**
- **Frequent infections**
- **Numbness or tingling in hands or feet**

The exact cause of Type II diabetes isn't known.

Contributing factors are thought to be:

- **Inactive lifestyle**
- **Overweight**
- **History of diabetes in the family**
- **35 years of age or older**

Controlling Type II Diabetes:

- **Follow a special meal plan (As recommended by your physician and your dietician)**
- **Exercise on a regular basis (As recommended by your physician)**
- **Take medication exactly as prescribed by your physician**
- **Maintain a healthy weight**

ATTENTION: This web page is intended to be used for health information ONLY. If you or a family member has a medical emergency, please call your doctor or 911, or your local emergency service number.