



## Myths and Facts About Type 2 Diabetes

### Take the Quiz!

1. People with type 2 diabetes cannot eat sweets. True False
2. Type 2 diabetes is not usually life-threatening. True False
3. People who have Type 2 diabetes have:
  - a. Too much insulin
  - b. Too much blood sugar
  - c. Both of the above
  - d. Neither of the above
4. You can have type 2 diabetes without any symptoms. True False
5. Which of the following is a common symptom of elevated blood sugar?
  - a. Excessive thirst
  - b. Vomiting
  - c. Diarrhea
  - d. Abdominal pain
6. Type 2 diabetes can be prevented. True False
7. Which of the following is a risk factor for type 2 diabetes?
  - a. High sugar diet
  - b. High salt diet
  - c. Obesity
  - d. All the above
8. Type 2 diabetes increases the risk for:
  - a. Blindness
  - b. Arthritis
  - c. Prostate cancer
  - d. All of the above

**(Check your answers on back)**



1. **False;** People with type 2 diabetes need to watch their weight and maintain a healthy, balanced diet. But in moderation, and as part of a healthy meal plan, desserts or other sugary foods are not off limits.
2. **False;** Diabetes, which is a major cause of heart disease and stroke, is the **seventh leading cause of death** in the United States, and type 2 diabetes accounts for 90% to 95% of all diagnosed cases of diabetes. Overall, the risk for death among people with diabetes is about twice that of people of similar age who don't have diabetes.
3. **B. Too much sugar;** Diabetes is caused by problems related to the hormone insulin, which helps turn blood sugar (glucose) into energy. With type 2 diabetes, a problem called insulin resistance occurs when the body's cells can't use insulin properly and make an abundance to overcome the increase in blood glucose levels. When this happens, the pancreas can gradually lose its ability to produce insulin; the increased amount of sugar in the blood can damage nerves and blood vessels. Chronically elevated blood sugars lead to such complications as heart disease, stroke, and kidney disease.
4. **True;** People with type 2 diabetes don't always have symptoms. In fact, an estimated 27% of all people with diabetes don't know they have it.
5. **A; Excessive thirst** is a common symptom of high blood sugar. Other symptoms include dry mouth, increased hunger (especially after eating), frequent urination, fatigue, unexplained weight loss, blurred vision, and headaches. Other symptoms of type 2 diabetes may include slow-healing wounds, itching, numbness and tingling of the hands and feet, weight gain, frequent yeast infections, and impotency.
6. **True;** Type 2 diabetes usually doesn't start suddenly. Some people are first diagnosed with pre-diabetes (also known as impaired glucose tolerance or impaired fasting glucose). Lifestyle changes, such as weight loss if you are overweight, dietary improvements, and exercise, can often ward off full-blown diabetes. Some people at high risk for developing type 2 diabetes can reduce their risk further by taking medication -- but lifestyle change is a must.
7. **C. Obesity;** High-sugar or high-salt diets are not, in themselves, risk factors for type 2 diabetes. However, if either leads to obesity, it contributes to the risk of developing type 2 diabetes. Other risk factors for diabetes include age, family history, inactivity, and ethnicity (people of African, Asian, Pacific Islander, American Indian, and Latino heritage have a higher risk). However, having one or more of the risk factors doesn't mean you'll develop type 2 diabetes.
8. **A. Blindness:** Elevated blood sugars can cause eye damage and blindness, heart disease, nerve and blood vessel damage, kidney disease, and other major health problems. There is no evidence that diabetes causes prostate cancer or arthritis.

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