

## What Women Should Know about Type 2 Diabetes

Type 2 Diabetes is a life-long disease in which there is a high level of sugar in the blood. When blood sugar is too high, it can signal a bigger health problem like Type 2 Diabetes, which can be especially hard for women. Type 2 Diabetes can put women at higher risk for other health issues like blindness, depression, heart disease, difficulties getting pregnant, or health problems during pregnancy which can affect the baby. The good news is Type 2 Diabetes can be prevented or managed by making healthy food and fitness choices. The Healthy Texas Women program provides screenings and treatments for diabetes.

### What are the risk factors?

It's important to know that there are certain health or lifestyle factors that can put you at higher risk for Type 2 Diabetes.

These factors can include:

- Being overweight or obese
- High blood pressure
- High cholesterol
- Lack of physical activity
- Family history of diabetes



### What are the symptoms?

Type 2 Diabetes symptoms can differ based on your blood sugar levels, which come from the food you eat. Some people with Type 2 Diabetes may experience no symptoms. However, some common symptoms of Type 2 Diabetes can include:

- Increased thirst and hunger
- Frequent urination
- Extreme tiredness
- Blurred vision
- Cuts and bruises that are slow to heal
- Tingling, pain or numbness in the hands or feet

Women also might experience some other unique symptoms, including:

- Vaginal and oral yeast infections
- Urinary tract infections
- Polycystic Ovary Syndrome

### What can you do?

If you think you have any of the symptoms or risk factors for Type 2 Diabetes, you should talk to your doctor or healthcare provider about getting your blood sugar checked. Knowing what your blood sugar levels are will help you find out if you are either at risk for diabetes or already have it. Your healthcare provider can work with you to help prevent diabetes or manage your condition.

Here are some simple steps you could take to prevent diabetes:

- **Being more active.** Get 30 minutes of aerobic exercise at least 5 times per week. This could be as simple as going for a walk.
- **Making healthier food choices.** For example, drink water instead of soda. Choose whole grains (brown rice, whole wheat bread or tortillas, etc.) instead of processed carbs (white rice, white bread or flour tortillas, etc.).

Please make sure to talk to your doctor or healthcare provider before starting any new exercise or diet program.

Learn more about available diabetes screenings and services at [www.HealthyTexasWomen.org](http://www.HealthyTexasWomen.org).