

# INTRODUCTION TO TYPE 2 DIABETES



You might be wondering how this happened and what it means for your routine. And you probably have a lot of questions and concerns.

It can feel overwhelming to find out that you have diabetes. But once you start understanding diabetes and how it affects you, it can be a lot more manageable.

## HEARING A LOT ABOUT INSULIN?

You've probably heard of insulin before. You may think it's just something that people with diabetes inject.

But insulin is actually something that everyone needs. Insulin is a hormone that helps your cells take up sugar from your blood for energy. It's needed so that your body is able to use carbohydrates (or "carbs"). Most people's bodies make the insulin that they need.

If you've recently been diagnosed with type 2 diabetes, the problem is that your body does not make the best use of the insulin you make.



When your cells respond poorly to insulin, sugar (also called glucose) cannot enter the cells to be used for energy. Instead, it builds up in your bloodstream. This is called high blood sugar, and it can lead to serious problems.

## BUT I JUST WANT DIABETES TO GO AWAY!

It's not about making diabetes go away as much as it is about trying to manage it.

Remember that diabetes is a progressive disease, which means it usually changes over time. Your healthcare provider will probably have to change your medicine or treatment plan over time.

Managing diabetes today can help lead to a healthier tomorrow!

## HELP YOUR BODY HELP YOU

You have one big goal now: make changes that help your body use the insulin it makes. There are a few main ways to do this:

1. Eat fewer foods containing carbs
2. Get more physical activity
3. Lose weight
4. Your doctor might suggest medication, too

One way to tell how well you're helping your body use insulin is by testing your blood sugar. Testing on the schedule your doctor recommends will help you see how the changes you make in your activity level and eating habits affect your diabetes.

## YOUR NEXT MOVE

Starting today, make a commitment to follow your doctor's instructions and advice.

Learning all you can about diabetes can help you feel more in control of it. Go to [www.LillyDiabetes.com](http://www.LillyDiabetes.com) today and get more practical tips, advice, and ideas.