

Diabetes Mellitus Type 2

Type 2 diabetes is when the body can't process and use sugar (glucose). There are genetic, environmental, and lifestyle factors that can lead to Type 2 diabetes. This long-term (chronic) condition causes too much sugar in the bloodstream.

When your blood sugar is too high for a long time, the pancreas must work harder for longer periods of time and gets tired. If the pancreas works too hard for too long, it can stop working the way it should and this can cause type 2 diabetes.

Type 2 diabetes has 2 main parts:

- Your pancreas (a small organ next to your stomach) doesn't make enough insulin (a hormone that regulates the sugar in your cells) or the insulin your body is making isn't working the way it should.
- Your cells don't respond well to insulin and take in less sugar.

Monitoring

To make sure your diabetes is under control, you need to check your blood sugar on a regular schedule. This can be done at home using a glucometer.

Blood Sugar (BG) Checks

- Target Range: fasting BG (not eating) lower than 100. 2 hours after eating, BG lower than 140.
- Check your BG in the morning before breakfast and 2 hours after dinner (write the number in your diabetes journal).
 - On Insulin: You should check your BG every day, based on your doctor's instructions.
 - On Metformin: You should check you BG 4 times a week, based on your doctor's instructions.
- Please call or message the clinic each week to let us know what your BG levels are.

Another important lab test number we check is called A1C, which is your average blood sugar over the last 3 months.

A1C

- Lower than 5.7 = normal
- 5.7-6.4 = prediabetes
- Higher than 6.5 = diabetes

Treatment

Metformin (Glucophage) helps control your blood sugar by improving how insulin works in the body. See Metformin (Glucophage) handout for more information.

Lantus Insulin (Glargine) is a long-acting insulin. After injecting Lantus, small amounts of insulin are slowly released over 24 hours.

Lifestyle: changing your diet and lifestyle can also help control type 2 diabetes. Together, we can help you make healthy choices and lifestyle changes. All bodies are different, and we want you to think positively about your body.

We will help you find safe and positive ways to get and stay healthy.

Emergency Phone Numbers

Anschutz Campus

- Nearest emergency room: _____
- Emergency room: 720-777-6888
- Main line: 720-777-1234
- Endocrine clinic: 720-777-6128
 - Monday to Friday 8-5. Press option 6 for urgent concerns.
 - After hours, weekends, and holidays, we will page the on-call doctor.
 - To talk to a nurse about non-urgent concerns, press option 3 to leave a message during business hours. Nurses return calls throughout the day.
- Claudia, Certified Diabetes Educator: 720-777-7795

childrenscolorado.org

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