**Living Well with Diabetes**
Successful treatment of type 2 diabetes involves routine visits with your care team, annual diabetes education, medication adherence, safe blood sugar levels, physical activity, meal planning and stress management. The following resources can help you successfully manage your condition.

**Meritus Health**
- Meritus Diabetes Education
  301-714-4433
- Meritus Endocrinology Specialists (Robinwood)
  301-714-4041
- Meritus Endocrinology Specialists (Hagerstown)
  301-733-1031
- Meritus Health Medication Assistance Center
  301-393-3441
- Meritus Equipped for Life
  301-714-0200
- Meritus Health Financial Counselor
  301-790-8820

**Diabetes Support Group**
Held the first Monday of each month at 11 a.m.
301-766-7603

**Living Well with Diabetes Classes**
This six-week program will help you take charge of your health. Learn basic information about diabetes and how to manage your blood sugar. For more information call 301-790-8907.

**Community Resources**
- Datta Health and Wellness Center
  301-302-7904
- Washington County Health Department
  240-313-3349
- Washington County Commission on Aging
  301-790-0275
- HEAL of Washington County
  301-991-0899

**Online Resources**
- Meritus Health
  MeritusHealth.com/Your-Health-Matters/Health-Library.aspx
- American Diabetes Association
  diabetes.org
- MedlinePlus
  medlineplus.gov/diabetestype2.html
- Healthy Washington County
  Healthywashinongcounty.com
- Heal of Washington County
  healofwashinongcounty.org

**Do you need a primary care physician?**
Go to Meritushealth.com/MMG to find a primary care provider close to you.
What is Type 2 Diabetes?
When you have type 2 diabetes, your body does not use insulin properly and this causes blood glucose or blood sugar levels to rise higher than normal in your body.

Risk Factors
You are at risk for developing diabetes if you have some of the risk factors below:
- overweight/obese
- physically inactive
- unhealthy diet
- high blood pressure
- increasing age

Symptoms and Diagnosis
Some people with type 2 diabetes have symptoms so mild that they go unnoticed, however symptoms may include:
- Frequent urination
- Unusual thirst
- Extreme hunger
- Nausea and vomiting
- Weakness and fatigue
- Weight loss

If you are experiencing any symptoms or have several risk factors, talk to your physician.

Your primary care physician can test for Type 2 diabetes using an A1C test to measure your blood sugar over a period of time or a fasting plasma glucose (FPG) test where you avoid eating or drinking for a period of time before the test.

The sooner you are diagnosed, the better your diabetes and its risks can be managed.

Treatment Options
Your physician will discuss treatment options that may include diabetes education, changes in your diet, weight loss, exercise, oral medications and/or insulin replacement therapy.

Managing Type 2 Diabetes
The first step to managing diabetes is for you to assemble your care team. Under the guidance of your primary care physician, your team may include a diabetic educator, care manager, dietitian, endocrinologist, podiatrist, pharmacist and ophthalmologist.

To successfully manage diabetes you’ll need to:
- Increase your physical activity
- Focus on eating the right food
- Monitor your blood sugar using a blood glucose meter as prescribed by your physician
- Watch for signs of trouble
- Visit your physician on a regular basis
- Take your medications as prescribed
- Attend diabetes education annually

Possible Complications
Although diabetes cannot be cured, blood sugar control can be managed with diet, exercise, medications, stress management and regular monitoring. However, not controlling your blood sugar, may cause damage to your heart, blood vessels, eyes, kidneys, nerves, gums and teeth. Symptoms of high and low blood sugar are:

A Healthy Diet
Eating diabetes superfoods like beans, dark green leafy vegetables, fruits, fish and whole grains can help you control your blood sugar. Meeting with a registered dietitian and a certified diabetes educator will also help you plan meals, make healthy food choices and understand carbohydrates and carb counting.