

## 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**  
301-714-4045

**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](http://MeritusHealth.com/Your-Health-Matters/Health-Library.aspx)

**American Diabetes Association**  
[diabetes.org](http://diabetes.org)

**MedlinePlus**  
[medlineplus.gov/diabetestype2.html](http://medlineplus.gov/diabetestype2.html)

**Healthy Washington County**  
[Healthywashingtoncounty.com](http://Healthywashingtoncounty.com)

**Heal of Washington County**  
[healofwashingtoncounty.org](http://healofwashingtoncounty.org)

Do you need a  
primary care physician?  
Go to  
[Meritushealth.com/MMG](http://Meritushealth.com/MMG) to find a  
primary care provider close to you.



# Your Health Matters

Community Guide



## Diabetes Education and Services



# Diabetes

## 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
- family history
- physically inactive
- ethnicity
  - Pacific Islander
  - African American
- 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
- Blurred vision
- Cuts and bruises or frequent infections that don't heal easily
- Tingling, pain or numbness in the hands and feet

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

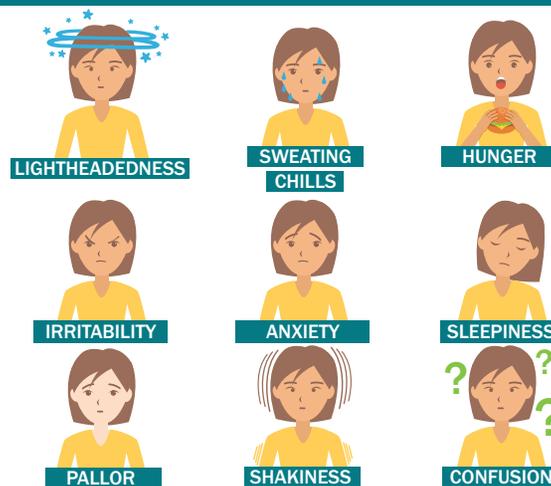
Although diabetes cannot be cured, blood sugar control can be managed with diet, exercise, medications, stress management and regular monitoring. However, not controlling your blood sugar, may cause damage to your heart, blood vessels, eyes, kidneys, nerves, gums and teeth. Symptoms of high and low blood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

## A Healthy Diet

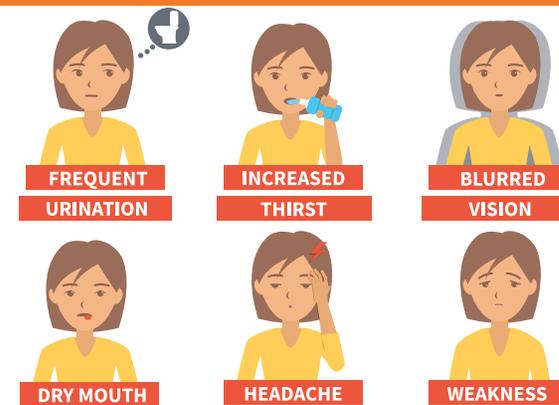
Eating diabetes superfoods like beans, dark green leafy vegetables, fruits, fish and whole grains can help you control your blood sugar. Meeting with a registered dietitian and or a certified diabetes educator will also help you plan meals, make healthy food choices and understand carbohydrates and carb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



## HYPOGLYCEMIA (Low blood sugar) SYMPTOMS



## HYPERGLYCEMIA (High blood sugar) SYMPTOMS



When blood sugar levels get too high, you can develop a serious condition called diabetic ketoacidosis or DKA that can lead to a diabetic coma or even death.