

## Do you have questions?

Call our 24-hour Nurse Advice Line.

We are here to help you.



English:

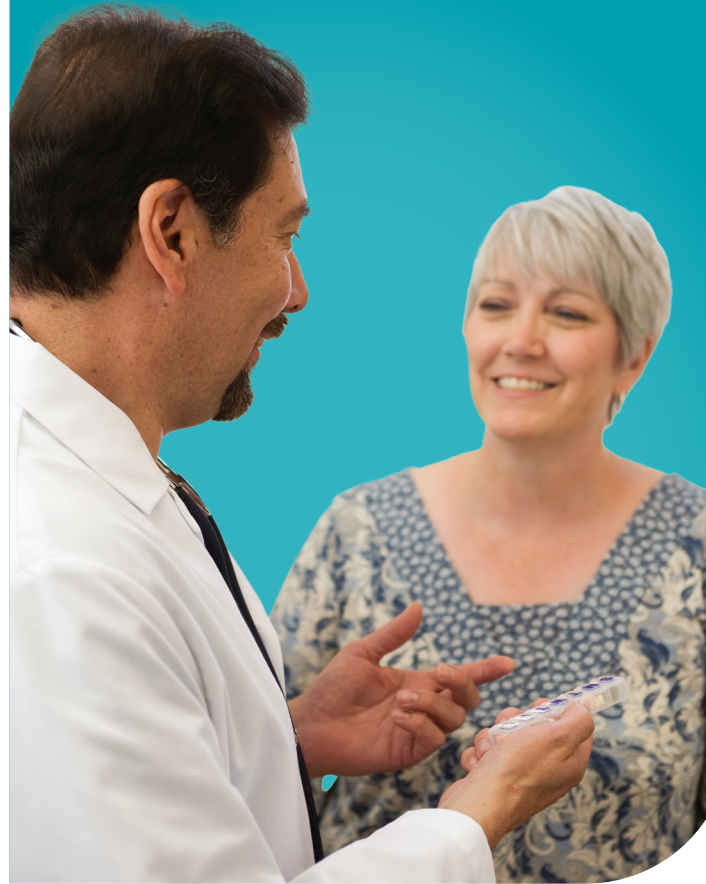
**(888) 275-8750**

Español:

**(866) 648-3537**

TTY/TDD:

**711**



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To get this information in other languages and accessible formats, please call Member Services. This number is on the back of your Member ID card.

# Type-2 Diabetes

Diabetes

## What is Diabetes?

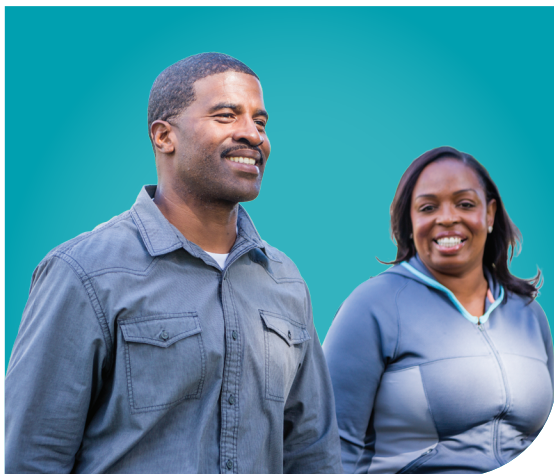
Diabetes is a disease that occurs when your blood sugar (glucose) is too high. Blood sugar comes from the foods you eat. It is your body's main source of energy.

## What is Insulin?

Insulin is a hormone made by an organ in your body called the pancreas. Insulin helps blood sugar get into the cells in your body so it can be used for energy. Sometimes your body does not make enough or any insulin or does not use the insulin it makes well. The blood sugar then stays in your blood and cannot go into the cells. That is called Type 2 diabetes.

## Risk Factors for developing Type 2 diabetes

- Overweight or obese
- Age 45 or older
- Family history of diabetes
- Not physically active



- Race
- Have other health problems such as high blood pressure
- Have pre-diabetes
- Diabetes during pregnancy

## Signs of symptoms of diabetes

- Increased thirst and urination
- Increased hunger
- Fatigue
- Blurred vision
- Numbness or tingling in the feet or hands
- Sores that do not heal
- Unexplained weight loss

## What are the effects of type-2 diabetes?

- Damage to nerves and blood vessels can cause heart attack, stroke, kidney disease and blindness.
- Sores on the skin can become easily infected.
- Poor circulation in arms and legs can lead to loss of limbs.
- Problems during pregnancy and birth defects can occur.

**Type-2 diabetes is a very serious health condition.**

**If you need help managing your diabetes, talk to your doctor or call Molina.**