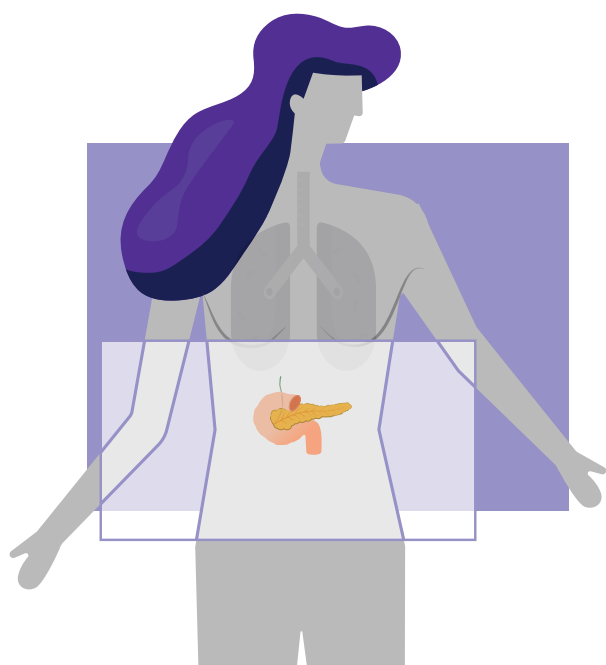


What is Type 2 Diabetes?

Type 2 diabetes is a long-term condition of high levels of sugar in the blood.



Insulin is a hormone that controls sugar levels in the blood. Type 2 diabetes occurs when there is a problem with insulin in the body.

What are some factors that may increase risk of type 2 diabetes?

- Lack of exercise
- Obesity
- High blood pressure
- High cholesterol
- Diabetes during pregnancy

Some health screenings for type 2 diabetes

- Blood sugar test
- Blood pressure test
- Cholesterol test

How does family health history affect one's risk of type 2 diabetes?

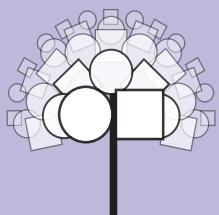
Use the worksheet on the next page to find out.

Check out these websites for more information:

MedlinePlus
medlineplus.gov/diabetes.html

Mayo Clinic
mayoclinic.org/diseases-conditions/diabetes/symptoms-causes/syc-20371444

Families SHARE
genome.gov/research-at-nhgri/Projects/Families-SHARE



What is _____'s risk of Type 2 Diabetes?

(relative's name)

How many of your first-degree relatives listed to the right have been diagnosed with type 2 diabetes?

- Mother
- Father
- Sister(s)
- Brother(s)
- Daughter(s)
- Son(s)

Enter total number

yes no

Is the answer 1 or more?
(Circle yes or no.)

How many of your second-degree relatives listed to the right have been diagnosed with type 2 diabetes?

- Grandmother(s)
- Grandfather(s)
- Aunt(s)
- Uncle(s)
- Niece(s)
- Nephew(s)

Enter total number

yes no

Is the answer 2 or more?
(Circle yes or no.)

If the answer is **yes** to either of these questions, they have an increased risk of type 2 diabetes.

If your family member is at increased risk, tell them to talk to their doctor about how to prevent type 2 diabetes.

Important:

Some ethnic groups may be more at risk than others. If you are **Hispanic, African American, Chinese, Indian, or Pacific Islander**, you may be at higher risk for type 2 diabetes.

Some tips that may help prevent and detect type 2 diabetes:



Be physically active!

- Try to be active for at least 30 minutes most days of the week.
- Take the stairs, walk, swim, garden, etc.



Talk to your doctor about screening:

- Regular blood sugar, blood pressure, and cholesterol testing can help find a problem before it becomes type 2 diabetes.