

## **Diabetes Type 2**

The symptoms of type 2 diabetes can be so mild you don't notice them. In fact, about 8 million people who have it don't know it.

These are some of the more common symptoms of advanced Diabetes Type 2

- Being very thirsty
- Peeing a lot
- Blurry vision
- Being irritable
- Tingling or numbness in your hands or feet
- Feeling worn out
- Wounds that don't heal
- Yeast infections that keep coming back

These are some of the more common Risk Factors

### Prediabetes

- Heart and blood vessel disease
- High blood pressure, even if it's treated and under control
- Low HDL ("good") cholesterol
- High triglycerides
- Being overweight or obese
- Having a baby that weighed more than 9 pounds
- Having gestational diabetes while you were pregnant
- Polycystic ovary syndrome (PCOS)
- Acanthosis nigricans, a skin condition with dark rashes around your neck or armpits
- Depression
- Getting little or no exercise
- Smoking
- Stress
- Sleeping too little or too much

Over time, high blood sugar can damage and cause problems with our:

- Heart and blood vessels
- Kidneys
- Eyes
- Nerves, which can lead to trouble with digestion, the feeling in the feet, and our sexual response
- Wound healing
- Pregnancy

Metabolic syndrome:

People with insulin resistance often have a group of conditions including high blood glucose, extra fat around the waist, high blood pressure, and high cholesterol and triglycerides.

### The Most Common Lab Tests Used To Monitor Diabetes Type 2:

**Hemoglobin A1C:** Used as an indicator of long term or repeated elevations in blood glucose

**Fasting blood glucose:** This is a measure of blood sugar while in a state of fasting. If blood glucose is still elevated in the fasting state, this provides important information about Diabetes Type 2 or Pre-Diabetes Type 2.

**Oral glucose tolerance test (OGTT):** This checks blood glucose before, and 2 hours after, a glucose based drink is consumed. It is used to gather information about how the body handles an influx of sugar.

### Pre-Diabetes

This is an excerpt from the Canadian Pharmacists Association Compendium of Therapeutic Choices-7 Text;

“In patients with an HbA1C less than 8.5% it is acceptable to initiate non pharmacological therapy alone (e.g. diet and exercise). However medications must be initiated without delay if glycemic targets are not met within 2-3 months. Much more can be done at this point because the insulin resistance isn't quite bad enough yet.

### Insulin Resistance Can Contribute To:

Pain (muscle tension)

Joint capsule infiltration (leading to arthritis over time)

Depleted Energy

Depleted Mental clarity

Glycosylation

Foot and leg Venous Insufficiency

Nerve damage

Swelling

Joint inflexibility

There are many ways to help prevent and manage Diabetes Type 2 or Pre-Diabetes. This is where Naturopathic Doctors shine. Book an appointment with one of our NDs to develop an approach that works best for you.

-Dr. Angela, ND