

Understanding and Managing Your Type 2 Diabetes

What is type 2 diabetes?

Type 2 diabetes means the sugar (glucose) in your blood is too high. Over time, high blood sugar can damage your heart, kidneys, eyes, nerves, and feet. The good news: managing your blood sugar lowers these risks, and small daily habits make a big difference.

Your blood sugar goal (A1C)

- A1C is a blood test that shows your average blood sugar over about 3 months.
- For most adults, the goal is under 7%.
- Your doctor may set a different goal for you (for example, a little higher if you are older or have other health problems). Ask your care team what your personal goal is.

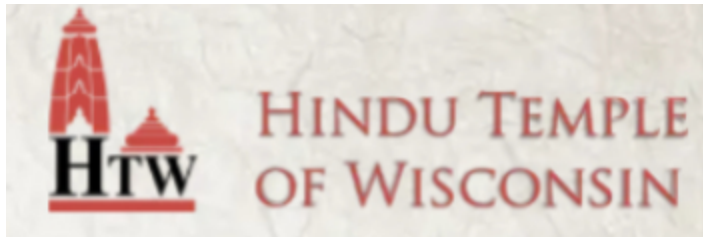
Healthy habits that come first

These matter for everyone with diabetes, no matter what medicines you take:

- **Eat well.** Fill half your plate with vegetables, choose whole grains, lean proteins, and cut back on sugary drinks and sweets. No single "diabetes diet" is best — focus on steady, balanced meals.
- **Move more.** Aim for about 150 minutes of activity a week (for example, a brisk 30-minute walk 5 days a week). Add some strength activity if you can.
- **Work toward a healthy weight.** Even losing a small amount of weight can improve your blood sugar.
- **Don't smoke**, and keep your blood pressure and cholesterol in check

Your medicines

- **Metformin** is often the first pill used to lower blood sugar.
- Newer medicines called **GLP-1 medicines** (such as semaglutide) and **SGLT2 pills** (such as empagliflozin or dapagliflozin) not only lower blood sugar but can also protect your heart and



kidneys. These are especially important if you have heart disease, heart failure, or kidney disease.

- Some people eventually need **insulin**. Needing insulin does not mean you failed — diabetes changes over time.
- Take your medicines exactly as prescribed. Tell your doctor about side effects instead of stopping on your own.

Watch for low blood sugar (hypoglycemia)

Some medicines (like insulin or sulfonylureas) can drop your blood sugar too low. Signs include shakiness, sweating, confusion, and dizziness. If this happens, take a quick sugar source (juice, glucose tablets) and tell your care team.

Take care of the rest of your body

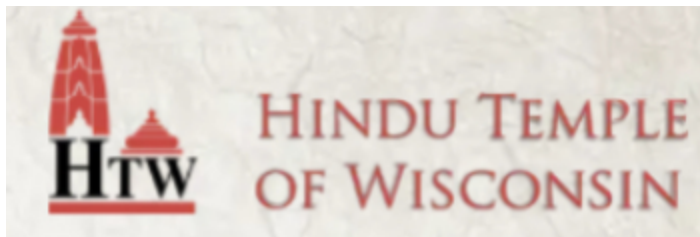
- **Feet:** Check them daily for cuts or sores. Report any that don't heal.
- **Eyes:** Get a dilated eye exam as recommended.
- **Kidneys, blood pressure, and cholesterol:** Keep up with your regular lab tests and checkups.
- **Vaccines:** Stay up to date.

When to call your care team

- Blood sugars that stay very high or very low
- Signs of infection or a foot sore that won't heal
- Vomiting or being unable to keep fluids down
- Any new or worrying symptoms

The bottom line

Diabetes is manageable. Healthy eating, staying active, taking your medicines, and keeping your appointments are the keys to living well and preventing complications. Work with your care team and ask questions — you are the most important member of the team.



Managing High Blood Sugar

With Exercise

- Regular physical activity for 30 minutes per day, about 5 days a week.
- Walking, jogging, cycling, swimming, and dancing are good ways to exercise.
- Incorporate yoga and meditation in your daily routine of physical exercise.
 - Poses to try are Surya Namaskar, Tadasan, Triyak Tadasan, Trikonasan, Veerasan, Vakrasan, Mandukasan.

With Food

- Eat MORE
 - Whole grains: whole wheat, rice, oats, barley, quinoa.
 - Whole grain roti, whole wheat bread, whole grain crackers, oatmeal.
 - Millets: finger millet (ragi), sorghum millet (jowar), pearl millet (bajara), barnyard millet (sanva), foxtail millet (kangani), buckwheat (kutu).
 - Lentils: all varieties, especially Bengal gram (kala chana), chana daal.
 - Beans: black beans, kidney beans.
 - Vegetables: spinach, carrots, broccoli, green beans.
 - Fruits: bananas, melons, berries (blackberries, raspberries), peaches, oranges.
 - Unsalted nuts and seeds: walnuts, peanuts, almonds, sunflower seeds.
- Eat LESS
 - Carbohydrates: white bread, pasta.
 - Sweets: Indian sweets (mithai), candy, ice cream.
 - Sugary drinks: energy drinks, juice.

With Lifestyle

- Sleep 8 hours per night.
- Drink about 64 ounces of water per day.
- Lessen stress and worry.
- Do not smoke cigarettes or vape.

