

# T2D New Diagnosis Q & A



## What is Type 2 Diabetes?

Type 2 Diabetes (T2D) means your body has trouble using insulin properly, causing high blood sugar levels.

## What are the main symptoms?

- Feeling very thirsty
- Frequent urination
- Fatigue
- Blurred vision
- Slow-healing cuts or infections

## Can T2D be managed?

Yes! Lifestyle changes, medication, and regular monitoring can help you control blood sugar and stay healthy.

Your healthcare team will connect you with the supports and resources you need.

## What lifestyle changes help?

- Eat a balanced diet: more vegetables, whole grains, lean protein; less sugary drinks
- Stay active: aim for 30 minutes most days
- Maintain a healthy weight
- Reduce stress and get enough sleep

## Do I need medication?

Sometimes. Your doctor will decide based on your blood sugar levels and overall health. Some people manage T2D with lifestyle changes alone, while others may need medication.

## How often should I monitor my blood sugar?

Your healthcare team will guide you on how and when to check your blood sugar.

Monitoring helps track how food, activity, and medication affect your blood sugar.

## What complications should I be aware of?

- Heart disease
- Kidney problems
- Nerve damage
- Eye problems
- Early management reduces your risk.

## Where can I find reliable information?

- T2D Network
- Family doctor or endocrinologist
- Diabetes educator or nurse
- Dietitian
- Pharmacist