

Talking About Type 2 Diabetes



Why communication matters

Type 2 diabetes affects not just you, but also your daily routines, meals, and activities. Sharing information with family and friends can increase understanding, reduce stress, and help you get support for managing your diabetes.

How to start the conversation

- Choose a calm moment when you and your listener can focus
- Explain your diagnosis simply and what it means for your daily life
- Share your needs: for example, reminders about meal timing
- Invite questions & encourage curiosity

Tips for involving family members

- Ask them to join you for healthy meals or activities
- Explain how they can help spot symptoms of high or low blood sugar
- Share educational resources or attend diabetes workshops together
- Encourage a supportive environment rather than pressure or criticism
- Celebrate successes together, like improved glucose readings

Dealing with misunderstandings or stigma

- Correct myths calmly (e.g., “Diabetes is not caused by laziness”)
- Focus on facts, not blame
- Use community or online resources for additional support

Setting boundaries

- Decide what you are comfortable sharing
- Let others know when advice feels overwhelming or unhelpful
- Recognize that support looks different for everyone; not everyone can assist in the same way

What is the goal?

Open, honest communication helps family and friends understand your needs, reduces stress, and builds a supportive network that encourages safe, consistent diabetes management.

Remember: your health is your priority

Where can I find reliable information?

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