



Living with Type 2 Diabetes

Making healthy choices is a big part of dealing with type 2 diabetes. The more you learn about it the better. It will make it easier it will be for you may be to make good choices and follow your treatment plan.

What is type 2 diabetes?

Type 2 diabetes happens when your body cannot use insulin the right way or when the body cannot make enough insulin.

Insulin helps the body's cells use sugar for energy. It also helps the body store extra. Without it, this sugar cannot get into your cells to do its work. It stays in your blood instead. Your blood sugar then gets too high.

High blood sugar can harm many parts of the body, such as the eyes, heart, blood vessels, nerves, and kidneys. It can also add to your risk for other health problems.

Managing type 2 diabetes

Making healthy choices is key. Eat healthy foods. Dietary rules are important for people with type 2 diabetes:

- Shift from eating saturated fats to eating unsaturated fats.
- Stay away from foods that contain Trans fat.
- Eat less salt.
- Manage the amount of carbohydrates you eat.
- Limit alcohol to one—two drinks a day with a meal.

Be active. You do not have to join a gym to get fit or be active. You can do many things, such as walking or even cleaning your home.

Test your blood sugar. Having a record of your blood sugar can help you and your doctor

know how well your treatment is working and if you need to make changes.

Take medicine, if you need to. If you are taking medicines or insulin, you will need to know how to deal with low blood sugar. You will need to know how to give yourself an insulin shot.

Check your feet and skin daily. Nerve damage makes it hard to feel an injury or infection.

Taking care of yourself in other ways

- Wear medical ID at all times.
- Take extra medical supplies while you are traveling.
- Get a flu shot every year.
- Use vision aids if you have trouble with your eyesight.

To get more information about Magellan Complete Care please call us toll-free at 800-327-8613 or 800-424-1694 (TTY only). Or you can call Florida Medicaid Choice Counselors at 877-711-3662 or 866-467-4970 (TTY only).

Source: Centers for Disease Control and Prevention