

Diabetes (Type 2)

Type 2 diabetes means your blood sugar (glucose) runs too high over time. It can usually be managed well with daily habits, medicine, and regular check-ups.

Everyday basics

- Take medicines exactly as prescribed — don't stop on your own.
- Check your blood sugar as often as your care team advises, and write it down.
- Aim for balanced meals and regular activity most days.
- Keep your check-ups: A1C blood test, plus eye, foot, kidney, and dental exams.
- Know the signs of low blood sugar (shaky, sweaty, confused) and how to treat it fast.

Good questions to ask your care team

- What should my blood sugar and A1C numbers be?
- Which medicines am I taking, and what are the side effects?
- How often should I check my sugar at home?
- What symptoms mean I should call you or go to the ER?

When to get help right away

Seek urgent care for very high sugar with vomiting, trouble breathing, confusion, or a low-sugar reaction you can't fix.



Scan to join Tomeko — free, no ads, no data sold

Follow your health center so education, reminders, and events reach you after the visit.

tomekohealth.com

Source: MedlinePlus, U.S. National Library of Medicine (NIH) — <https://medlineplus.gov/diabetestype2.html>

Educational only; reviewed public health information, not medical advice. Always follow your own care team's guidance.