

# TYPE 2 and YOU

Tips for better understanding your diabetes

## What You Can Learn From This Handout...

- where to turn for information about your type 2 diabetes
- how to talk to your family about type 2 diabetes

## GETTING THE SUPPORT YOU NEED

**When your healthcare provider tells you that you have type 2 diabetes, many thoughts may come to mind:**

- How did this happen?
- What does it mean?
- What do I do?
- How do I tell my family?
- Where do I turn?
- What happens now?

You may feel like you are alone, but you are not. There are many people in your situation who have asked all the questions you are asking now, and who are facing a future of dealing with type 2 diabetes, just as you are. Many have joined support groups just for people with type 2 diabetes where they can get together and talk about their disease, but more importantly, talk about ways they have found to live their lives as normally as possible.

Your local hospital probably has a type 2 diabetes support group; ask your healthcare provider for more information. You can also get a lot of great diabetes information and support on the Internet. Here are a few websites that may be helpful:

### American Diabetes Association

**www.diabetes.org** This site offers a wide range of topics to help you live well with diabetes, and search engines to help you find diabetes education programs and support groups in your area.

### American Association of Diabetes

**Educators www.diabeteseducator.org** You can use this site to find a diabetes educator in your area.

### American Academy of Nutrition and Dietetics

**www.eatright.org** Provides a list of nutrition resources.

### Diabetes Self-Management

**www.diabetesselfmanagement.com** This magazine's website is devoted to living with diabetes, from exercise and nutrition tips to information on the latest medical advances.

**dLife www.dlife.com** A corporate-supported site with plenty of diabetes information plus tips on food and fitness, videos, and more.

### Medline Plus

**www.nlm.nih.gov/medlineplus/diabetes.html** A government-sponsored website with a broad range of helpful resources for patients with diabetes.

### National Diabetes Education Program

**http://ndep.nih.gov/index.aspx** The website of a federally-funded program that provides information and resources for people with or at risk for type 2 diabetes.

### National Diabetes Information Clearinghouse

**http://diabetes.niddk.nih.gov** A government resource for diabetes information, with a comprehensive A-Z list of diabetes topics.

### Partnership for Prescription Assistance

**www.pparx.org.** A website sponsored by pharmaceutical companies that provides information on prescription assistance programs.

Health information is not clear at times. The Ask Me 3<sup>®</sup> program run by the National Patient Safety Foundation can help. The program gives you three questions to ask your healthcare provider during a health care visit, either for yourself or for a loved one. They are:

- **What is my main problem?**
- **What do I need to do?**
- **Why is it important for me to do this?**

Asking questions can help you be an active member of your health care team.

For more information on Ask Me 3<sup>®</sup>, please visit [www.npsf.org/askme3](http://www.npsf.org/askme3).

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## How do I tell my family?

**Being diagnosed with type 2 diabetes can be a scary thing, but you don't have to face it alone. Your family can help, if they understand what you need. These phrases may help get things started:**

**“ I have type 2 diabetes. It's a disease where my blood glucose is too high. I may seem OK on the outside, but I have to make some changes. It's a serious disease, but with your help I think I can keep it under control. ”**

**“ As much as I would like to, I can't eat foods the same way I've been used to doing. I'll have to make some changes with food choices and portions, and I'd appreciate your help and understanding. ”**

**“ My healthcare provider tells me that getting exercise will not only help me lose weight, but will lower my blood glucose, too. My doctor also says that even just walking more can help. ”**

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Your Healthcare Provider