

Cathryn Pearson: What is type two diabetes?

If you have diabetes you have too much sugar in your blood. Your doctor may say glucose instead of sugar. The good news is that you can control your type two diabetes. To do that you have to remember to; eat healthy foods, get more physical activity, lose extra pounds, stay healthy.

You also need to keep the level of sugar in your blood from getting too low, too high. Your doctor will tell you what blood sugar level is okay. You can get sick if your blood sugar level is not okay. You need to know the warning signs of low and high blood sugar.

As warning signs of low blood sugar you get dizzy or shaky, have blurry eyesight, get real tired or weak, sweat a lot, be very nervous and touchy, get a headache, and feel hungry. If you think you have low blood sugar, you need to do something right away. You need more sugar. Eating something sugary, like a piece of hard candy will help. If you still feel bad call the doctor. Ask someone who supportive for help. Tell them how you feel.

You need to know the warning signs of high blood sugar. They are; thirsty all the time, have blurry eyesight, tired or weak, have dry skin, go to the bathroom a lot. You may have high blood sugar because you ate a sugary snack, missed taking your medication, or did not exercise enough. If you have high blood sugar often, see your doctor and make sure you follow your doctor's orders. Ask someone who supports you for help. Tell them how you feel.

Ask questions. Learn all you can about your diabetes. Learn how to take care of yourself.