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## Patient Guide: Type 2 Diabetes (Non-Insulin Dependent Diabetes Mellitus)

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### Disease Description:

Type 2 diabetes is a condition where the body becomes unable to use insulin effectively (insulin resistance), or it does not produce enough insulin. As a result, glucose (sugar) cannot be properly used or stored in the body and remains in the bloodstream instead of converting to energy. This type of diabetes is more common in overweight adults.

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### Symptoms:

- Fatigue
  - Excessive thirst
  - Increased appetite
  - Frequent urination
  - Recurrent infections, especially fungal infections of the skin, genitals, or mouth
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### Common Causes:

- Insulin resistance in cells
  - Insufficient insulin production by the pancreas
  - Risk factors: obesity, sedentary lifestyle, stress, pregnancy, use of certain medications (e.g., corticosteroids, birth control pills)
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### Possible Complications:

- Vision problems
- Cardiovascular diseases (e.g., coronary artery disease)

- Hypoglycemia (low blood sugar), especially with certain medications
  - Foot ulcers, infections, gangrene, or even amputation
  - Sexual dysfunction
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### Diagnosis:

Diagnosis is based on medical history, physical examination, and lab tests such as:

- Blood glucose test
  - Urine glucose test
  - Blood lipid levels and other relevant labs
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### Treatment:

- Learn how to monitor and control your blood sugar at home regularly.
- In severe cases, surgery may be required to address complications such as gangrene or vision loss.

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## Insulin Injection Guide:

- Inject insulin 4 fingers away from the navel, or in the upper arms or outer thighs.
- Use a 90° angle for abdominal injections; use a 45° angle elsewhere.
- Rotate injection sites regularly (at least 2 cm apart).
- If taking oral medications, take them at the same time daily and try to eat shortly afterward.

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## Physical Activity:

- Type 2 diabetes does not limit normal physical activity.
- Regular daily exercise is important to manage the condition.
- Consult your physician before beginning new exercise routines.

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## Diet Recommendations:

- Avoid fried foods and use olive oil instead
- Drink 6–8 glasses of sugar-free liquids daily
- Avoid butter, coconut oil, fatty nuts, and creamy products
- Limit intake of ice cream
- Limit eggs to two per week
- Eat fish more often, preferably grilled or steamed instead of fried

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## Medications:

- Your doctor may prescribe oral anti-diabetic drugs to help lower blood sugar.
- In many cases, medications may not be needed if weight is reduced and glucose normalizes.

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## Monitoring and Safety Tips:

- With regular (clear) insulin, monitor for low blood sugar for up to 3 hours after injection.
- With NPH insulin, monitor especially in the evening before or after dinner.

- Wear and change clean cotton socks daily.

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## When to See a Doctor:

- Weakness
- Sweating
- Pale appearance
- Rapid heartbeat
- Seizures
- Numbness or tingling
- Pain in feet or hands
- Infections not improving in 3 days
- Chest pain
- Worsening symptoms despite medication
- Decreased consciousness

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