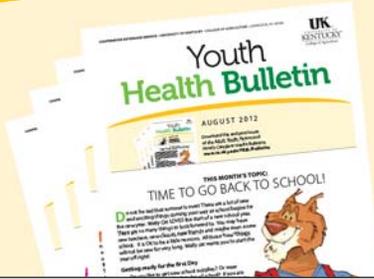


# Youth Health Bulletin



NOVEMBER 2012

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Reprinted by:  
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## THIS MONTH'S TOPIC: TYPE 2 DIABETES

**D**id you know that there are two kinds of diabetes? They are called type 1 and type 2. Type 2 diabetes may affect someone you know. Wally Cat has friends with diabetes. He wants you to know about it, too.

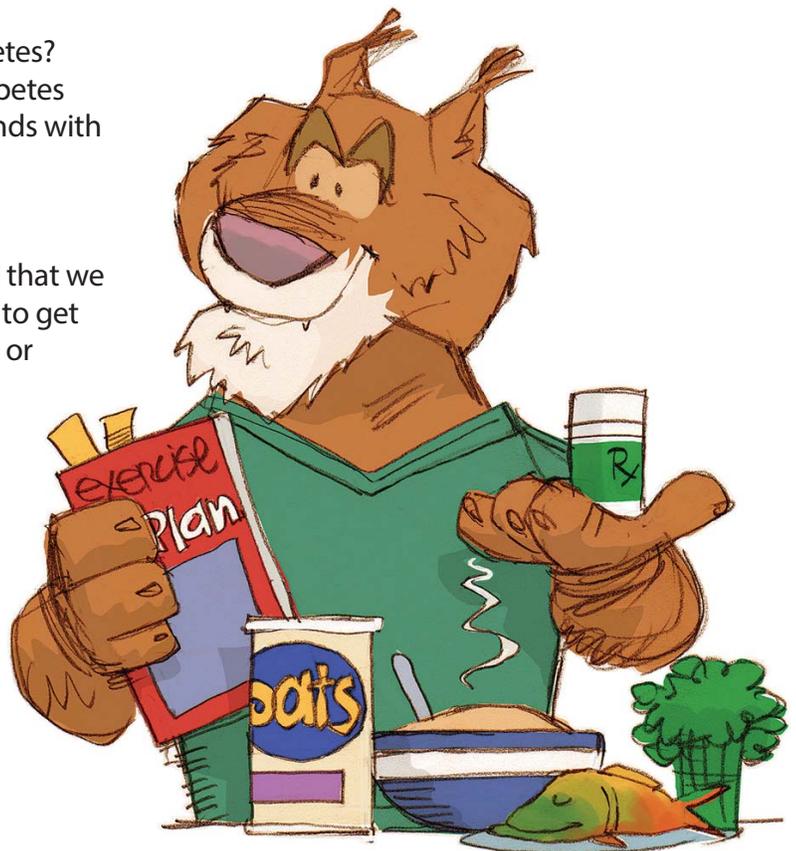
### What is diabetes?

When we eat food, our body changes it to fuel that we burn, or energy. A person with diabetes is unable to get the correct amount of fuel, called glucose, into his or her cells. This can make a person very sick if it is not checked regularly.

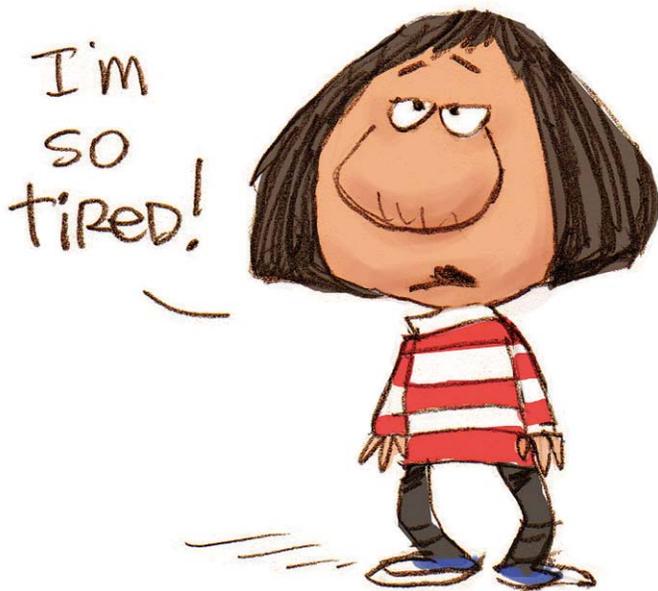
### What is type 2 diabetes?

Type 2 diabetes occurs when the body cannot move the fuel, glucose, into the cells. The glucose builds up in the blood stream. Many people who have type 2 diabetes are overweight. Older kids are more likely to get type 2 diabetes than younger kids.

Continued on the back →



# Type 2 diabetes occurs when the body cannot move glucose into the cells. The glucose builds up in the blood stream.



- Eat healthy foods that keep the sugar level in the bloodstream under control
- Exercise regularly – even daily
- Take medicines needed to help regulate blood sugar
- Check how much sugar is in the blood on a regular basis
- Visit your healthcare provider at least yearly or as needed

Wally Cat wants you to remember that it is important that anyone who has type 2 diabetes take care of themselves.

Continued from page 1

## Would you know if you had type 2 diabetes?

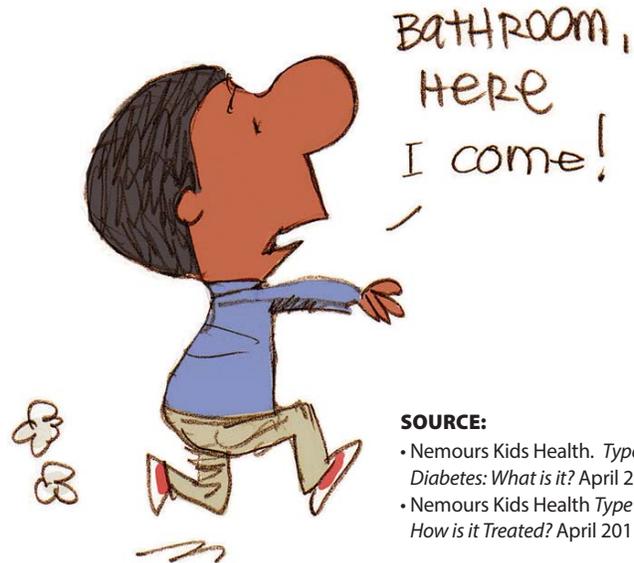
Sometimes kids have type 2 diabetes and they do not even know it! There are three signs to watch for:

- 1. Feeling tired all the time.** Because the body cannot use the fuel it takes in properly, a kid may not have as much energy.
- 2. Having to go to the bathroom a lot.** The body knows there is excess sugar in the blood and tries to get rid of it by going to the bathroom frequently.
- 3. Drinking a lot.** Your body may tell you that it is thirsty caused by drinking water, when it is actually removing sugar from the blood.

If you have some of these signs, you should talk to your mom or dad so that you can visit your healthcare provider. Only a healthcare provider can tell if you have type 2 diabetes.

## What happens if you have type 2 diabetes?

Kids with type 2 diabetes can do most everything that a kid without type 2 diabetes can do. They may need to do some of these things though:



### SOURCE:

- Nemours Kids Health. *Type 2 Diabetes: What is it?* April 2012
- Nemours Kids Health *Type 2 Diabetes: How is it Treated?* April 2011

## Word Scramble

IEEDABTS: \_\_\_\_\_  
SECIEERX: \_\_\_\_\_  
CLUEGSO: \_\_\_\_\_  
ODOLB: \_\_\_\_\_

ANSWERS: Diabetes, Exercise, Glucose, Blood

Youth  
Health Bulletin

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of Kentucky HEEL program)