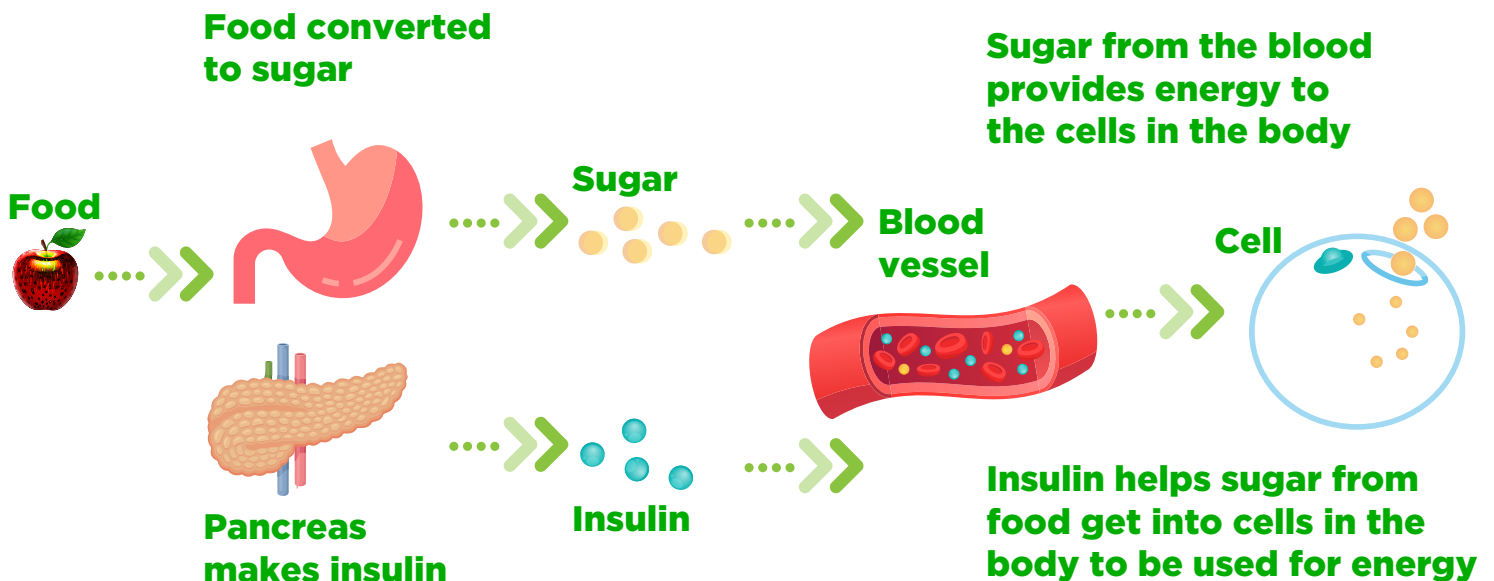


Weight and Type 2 Diabetes: What's the Link?

There are links between weight, type 2 diabetes, and your health. Here you will learn about the relationship between weight and insulin and other reasons why weight management is important for people with type 2 diabetes.

Learn How Excess Weight Can Affect Your Health

When people have excess weight and type 2 diabetes, it can lead to changes in the body. These changes can make it harder to use the insulin the pancreas makes. The figure below shows the important role that insulin plays in turning food into energy.



When people with type 2 diabetes have excess weight, the excess weight can make it harder for insulin to do its job. The good news is that even a **small amount of weight loss can help the insulin in your body work better.** This helps keep your blood glucose levels from going too high, especially after you eat.

Weight and Type 2 Diabetes: What's the Link?

How can weight loss help me if I have type 2 diabetes and excess weight?

->> Lowers risk of heart problems
->> Improves blood fat levels (such as cholesterol)
->> Lowers blood pressure
->> Reduces the need for some diabetes-related medications
->> Helps the body respond to the insulin it still makes
->> Can help make it easier to be physically active

Know Your Treatment Options

Losing weight isn't always easy to do, but there are many treatment options for people with type 2 diabetes.

Some treatment options not only help manage your blood sugar levels but also have a beneficial effect on weight. Ask your diabetes care team which of these treatment options are right for you.

In addition to supporting your efforts for a healthy lifestyle, including healthy eating patterns, your care team may suggest medications.

Reduce Diabetes-Related Health Problems with Small Changes

If your diabetes care team has brought up the idea of weight management with you, it likely has to do with the health benefits for people with type 2 diabetes. For example, if someone weighs 200 pounds, losing 10 pounds can improve their health. Losing more weight can lead to even more health benefits.



Continue Your Weight Management Journey

It is never too late to get health benefits from losing excess weight. Today is the day to understand how excess weight can lead to changes in your body.