

Am I at Risk for Type 2 Diabetes?



Although people with diabetes can prevent or delay complications by keeping blood glucose levels close to normal, preventing or delaying the development of type 2 diabetes in the first place is even better.

Many people have no signs or symptoms. Symptoms can also be so mild that you might not even notice them. Nearly six million people in the United States have type 2 diabetes and do not know it. The evidence for type 2 diabetes as a risk factor for periodontal disease is extensive. Research has emerged that suggests that periodontal disease may make it more difficult for people who have diabetes to control their blood sugar.

Risk Factors

www.diabetes.org/main/info/risk/risktest.jsp

- ☑ I have a parent, brother, or sister with diabetes.
- ☑ My family background is African American, American Indian, Asian American, Pacific Islander, or Hispanic American/Latino.
- ☑ I have had gestational diabetes, or I gave birth to at least one baby weighing more than 9 pounds.
- ☑ My blood pressure is 140/90 or higher, or I have been told that I have high blood pressure.
- ☑ My cholesterol levels are not normal. My HDL (good) cholesterol is 35 or lower, or my triglyceride level is 250 or higher.
- ☑ I am fairly inactive. I exercise fewer than three times a week.
- ☑ I am overweight or obese.
- ☑ I am aged 40 years or older.

Blood sugar levels: What's normal?

The normal range is between 70 and 110 mg/dL - the level most people have after fasting overnight. If your blood sugar is consistently 126 mg/dL or higher after fasting overnight, you have diabetes. If your fasting blood sugar is between 111 and 125 mg/dL, you have impaired glucose tolerance, borderline diabetes.

Signs & Symptoms

- increased thirst and dry mouth
- increased hunger
- fatigue
- increased urination, especially at night
- weight loss
- blurred vision
- sores that do not heal
- red, sore, swollen gums
- bleeding gums
- gums receding away from your teeth
- a bite that feels different
- dentures that do not fit well.

Lifestyle to reduce risk

- If you smoke, quit smoking as soon as possible.
- Eat a balanced diet low in fat and sugar.
- Engage in regular exercise, it lowers blood sugar levels and helps the body to use insulin.
- Keep your blood sugar close to normal.
- Floss at least once a day.
- Brush after each meal and snack.
- Make a plan to change behavior.
- Think about what might prevent you from reaching your goals.
- Find family and friends who will support and encourage you.
- Decide how you will reward yourself when you do what you have planned.