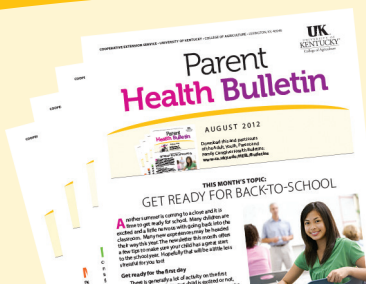


Parent Health Bulletin



NOVEMBER 2012

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THIS MONTH'S TOPIC: UNDERSTANDING TYPE 2 DIABETES

There are two types of diabetes that can affect children. They are called type 1 and type 2. Each of the types affects how the body uses sugar in the blood, called glucose. Glucose is the body's main source of fuel, or energy. Insulin, which is made by the body, helps the fuel, glucose, get into the cells. If cells in the body do not get glucose, the body will not work like it should.

What is type 2 diabetes?

Type 2 diabetes occurs when the body cannot move glucose into the cells. The glucose builds up in the blood stream. The body tries to release more insulin to help the glucose get into the cells. Eventually, the body gets worn out from making so much glucose.

Many people who have type 2 diabetes are overweight. If your child is overweight, talk to your healthcare provider about type 2 diabetes.

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Eat healthy foods that keep the sugar level in the bloodstream under control.

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Would you know if your child had type 2 diabetes?

Sometimes kids have type 2 diabetes and no one even knows it! There are three signs you can watch for:

1. Feeling tired all the time. If your child is feeling tired all of the time, it may be a sign. Because the body cannot use the fuel it takes in properly, your child may not have as much energy.

2. Having to go to the bathroom a lot.

The body knows that there is excess sugar in the blood and tries to get rid of it by urination. If your child goes to the bathroom frequently, you may want to talk to your healthcare provider.

3. Drinking a lot.

If your child is constantly asking for something to drink, take notice. Your child may tell you that he or she is thirsty because of drinking water; actually, his or her body is trying to remove the glucose from the blood.

If you notice any of these signs in your child, make an appointment with your healthcare provider. Only a healthcare provider can tell if your child has type 2 diabetes.

What happens if your child has type 2 diabetes?

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

It is important to recognize type 2 diabetes in children and help them regulate the blood sugar level. If you suspect any issues, go ahead and have your child tested.



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

It is important to recognize type 2 diabetes in children and help them regulate the blood sugar level. If you suspect any issues, go ahead and have your child tested.

SOURCE:

Nemours Kids Health. *Type 2 Diabetes: What is it?* April 2012

Nemours Kids Health *Type 2 Diabetes: How is it Treated?* April 2011

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