

Resource Guide

Healthy Habits with your CMD: What is Diabetes?

- Diabetes is a chronic condition that happens when your blood sugar levels are too high.
- There are 3 main types of diabetes, but type 2 diabetes is the most common. In fact, it makes up about 90% of diabetes cases in Canada.
- Type 2 diabetes happens when your body is not able to use a hormone called insulin. Insulin is a natural hormone that plays a key role in controlling blood sugar levels.
- With treatment, most people with type 2 diabetes can live normal lives. However, if it is not treated, there may be complications like stroke, kidney failure, and more.
- Screening for diabetes should be done every 3 years if you are 40 years old or older.
- There are factors that might increase your risk of diabetes, such as obesity, high blood pressure, and more. If you are at higher risk, screening might begin earlier or be done more frequently.
- Talk to your primary care provider about your risk level and options for screening.



Learn more about type II diabetes by visiting [Diabetes Canada](https://diabetes.ca).