

Living Well Tip of the Week

Each year about 200,000 deaths, 400,000 heart attacks, 130,000 strokes, 60,000 amputations, 10,000 new causes of kidney failure & 6,000 new cases of blindness result from type 2 diabetes. *(The Endocrine Society)*

Symptoms of Type 2 Diabetes

- Increased Thirst
- Frequent Urination
- Increased Hunger
- Unusual Weight Loss
- Extreme Fatigue & Irritability
- Frequent Infections, Cuts & Bruises That Heal Slowly
- Blurred Vision
- Tingling or Numbness in Hands or Feet

What Causes Diabetes? Can Diabetes Be Prevented? What Treatments Are Available?

See below “Living Well: Make it a Priority” resources available to you and your family for free:

- **Conditions Management Recourse-** If you have a chronic condition, you don't have to go it alone. To learn more about this FREE voluntary health improvement program, call 1-800-462-3275.
- **Use our Living Well Health Manager powered by WebMD** to find out the Answers! Go to www.webmdhealth.com/ut and select “Health Topics”, enter “Diabetes” in the search engine for, FREE resources, tools and tips.