

Progression of type 2 diabetes

Learn how type 2 diabetes changes over time



Managing your physical, mental, and emotional health with diabetes is important. Visit [NovoCare.com](https://www.novocare.com), your one-stop online resource for all things diabetes!

- Personalized resources and educational tools for living with diabetes
- Affordability and savings support for your medicine

The more you know about diabetes, the better you may be able to manage it. These brochures provide helpful information to educate you about diabetes and help you reach your diabetes goals.



Ask a member of your healthcare team for these brochures or click [here](#) for a digital version.

If you have questions or would like assistance with any of our resources, call 1-800-727-6500 (option 8 for Spanish), Monday to Friday, from 8:30 AM to 6:00 PM EST.

Visit [NovoCare.com](https://www.novocare.com) or scan this code with a smartphone or tablet



No data will be collected by scanning the QR code.

The photographs used in this booklet are for illustration only. The models in the photographs do not necessarily have diabetes or other ailments.

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Progression of type 2 diabetes

You may have just learned that you have [type 2 diabetes](#) or have been living with it for a while. Millions of people have diabetes, and most have type 2 diabetes. Many others help someone they care about manage their diabetes.

Type 2 diabetes is when your blood glucose (*sugar*) is too high. Insulin, a hormone made in the pancreas, helps glucose get into your cells. Glucose can be made by your body and also comes from the food you eat. Your body needs this glucose for energy. If your body doesn't make enough insulin or doesn't use it well, too much glucose stays in your blood.

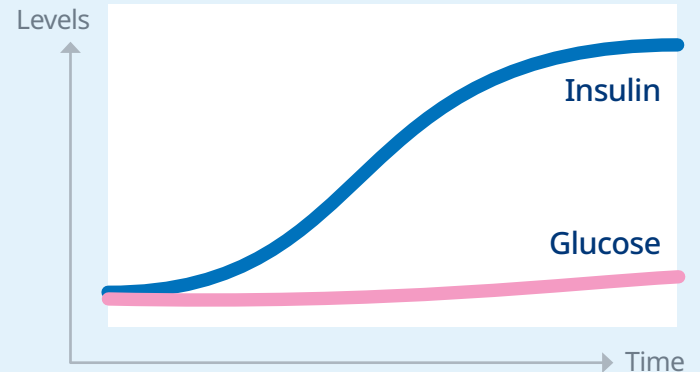
How does type 2 diabetes progress?

Type 2 diabetes is a [progressive disease](#). This means that over time, it may seem harder to manage your diabetes and reach your treatment goals. This may happen even though you are sticking to your usual physical activity, eating plan, and taking your diabetes medicines as prescribed.

You are not alone! As you get older, your body changes and how you manage your diabetes may have to change too. Adjusting your treatment plan may also help you prevent [complications](#) and stay healthy longer.

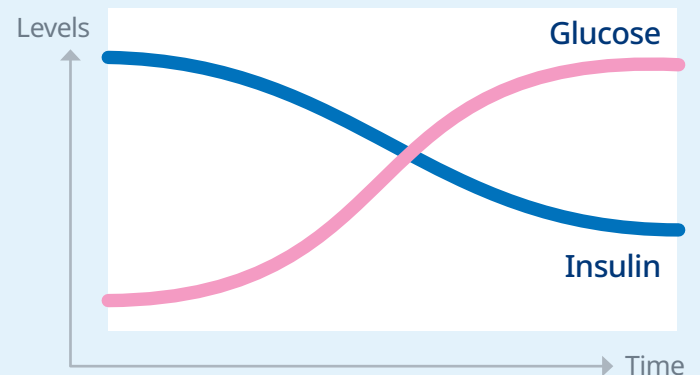
Insulin resistance

- Insulin levels rise
- Glucose levels are still maintained



Type 2 diabetes

- Insulin levels drop
- Glucose levels rise



Why you may need to take more medicine over time

Example of the type 2 diabetes chain reaction



Your body stops making enough insulin or using insulin the right way, called **insulin resistance**.



Cells in your **pancreas** (*beta cells*) pump out more insulin to make up for the insulin resistance.



Over time, the beta cells can't keep up with insulin needs and blood glucose levels rise high enough for you to be **diagnosed with type 2 diabetes**.



Your diabetes care team may recommend **lifestyle changes** and **medicines** to help you manage blood glucose.



Eventually your body may not be able to keep up with the amount of insulin needed to manage blood glucose and **more medicines may be needed**.

What can I do to help slow the progression?

As scientists continue to explore how to slow the progression of type 2 diabetes, there are steps you can take to help manage your blood glucose:

- Add more [physical activity](#)
- Work with your diabetes care team to create a [healthy eating plan](#)
- Lose some weight (if needed)
- [Take medicines](#) as prescribed

Be sure to talk to your diabetes care team before starting or changing your diabetes management plan.

On the lines below, write down 3 things you feel you can do to help you slow the progression.

Example:

I can take a 30-minute walk after dinner
5 days a week.

1.

2.

3.