

## What Is It?

The cells in your body get the energy they need to work from glucose.

Glucose is a kind of sugar that's in the blood. Insulin is a natural substance in the body. One thing insulin does is help take the sugar from your blood and bring it into your cells.



With diabetes, your body cannot move the sugar from your blood to your cells. So you have too much sugar in your blood. With type 2 diabetes, your body does not make enough insulin to move the sugar into your cells and/or has trouble using insulin. If left untreated, over time serious health problems can develop. You can get heart or kidney disease. You can damage your eyes, nerves, and blood vessels. You can have sexual problems such as erectile dysfunction. But if you find diabetes early and follow your treatment plan, you can avoid these serious problems. That is why it is so important to see your doctor or other health care professional to get help.

Having diabetes does not mean you have to stop living well. You will have to take care of yourself and your condition. You can control diabetes. It's up to you. Make the effort. You will be glad you did. You can have better health.



Vietnam Veterans of America  
8719 Colesville Road, Suite 100  
Silver Spring, Maryland 20910  
301-585-4000  
vva.org



***Did you serve in  
the Republic of  
Vietnam or in the  
waters offshore  
and Got This?***



***and  
Type II Diabetes***

***IF SO YOUR GOVERNMENT IS  
RESPONSIBLE TO PROVIDE  
YOU WITH HEALTH CARE,  
MEDICATIONS, SUPPLIES  
AND A MONTHLY CHECK.***



***To start the  
process call***





# Type II diabetes

## How Do You Know If You Have It?

If you answer yes to any of the questions below, talk to your health care professional. He or she can check you for diabetes.

- ✓ Do you urinate often?
- ✓ Are you thirsty most of the time?
- ✓ Do you feel weak?
- ✓ Are you hungry most of the time?
- ✓ Have you lost weight (without trying)?
- ✓ Are you tired most of the time?

If you think you may have diabetes, see your health care professional right away. It's important to take care of your diabetes. You will have a better chance of not getting other medical problems.

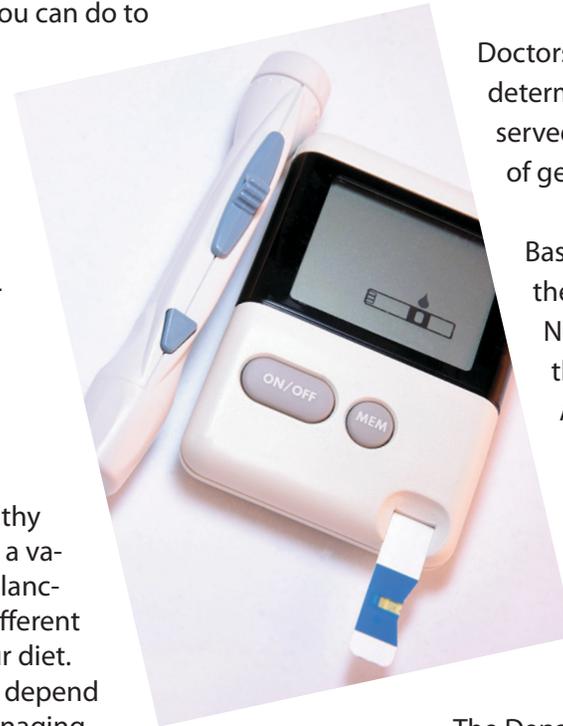
## What Can You Do About It?

**T**here are many things you can do to control diabetes. It's very important to get your diabetes under control.

Your health care professional can help you find the best way to take care of your diabetes. Together you can make a diabetes care plan.

Parts of the plan may be:

- ✓ **Healthy eating:** Healthy eating means eating a variety of foods and balancing the amount of different kinds of foods in your diet. Your eating plan will depend on your goals for managing your condition.
- ✓ **Exercise or activity:** An exercise plan that is right for you can improve your health.
- ✓ **Medicines, such as insulin or diabetes medication.**
- ✓ **Checking your blood sugar.**
- ✓ **Learning the signs when blood sugar gets too high or too low.**
- ✓ **Let your government know about your diabetes.**



Doctors and scientists have determined that veterans who served in Vietnam have a high risk of getting type 2 diabetes.

Based on recommendations of the Institute of Medicine of the National Academies of Science, the Secretary of Veterans Affairs has declared Type 2 diabetes to be presumptively service connected for veterans who served in Vietnam, as required under the Agent Orange Act of 1991.

The Department of Veterans Affairs provides health care for diabetes. If you prefer to use your own health care provider, the VA will provide your medication and supplies without cost to you.\*

In addition, you may be eligible for a VA monthly compensation check. The amount of the compensation will be based on the documented severity of your diabetes and other related health problems.

\*If a veteran uses a private physician the VA will not always provide medication and supplies without cost. Veterans may be required to pay a co-pay for VA prescriptions.