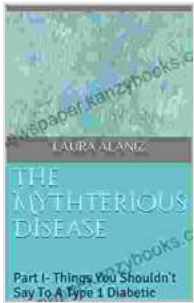


Part Things You Shouldn't Say to Type 2 Diabetics

If you have type 2 diabetes, you've probably heard your fair share of insensitive comments. People may say things like:



The Mythterious Disease: Part I- Things You Shouldn't Say To A Type 1 Diabetic by Laura Alaniz

★★★★☆ 4 out of 5

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|----------------------|-------------|
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| Enhanced typesetting | : Enabled |
| Word Wise | : Enabled |
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| Screen Reader | : Supported |
| Print length | : 13 pages |



- "You're just fat and lazy."
- "You should just eat less and exercise more."
- "You're going to lose a foot to diabetes."
- "You're a ticking time bomb for a heart attack."

These comments are not only hurtful, but they're also inaccurate. Type 2 diabetes is a complex disease that is not caused by laziness or overeating. In fact, many people with type 2 diabetes are very active and eat healthy diets.

So what should you say to someone with type 2 diabetes? Here are a few suggestions:

- "I'm here for you if you need anything."
- "I know this is a difficult time, but I'm here to help."
- "I'm learning more about diabetes so I can better support you."
- "I believe in you."

These comments are compassionate and supportive, and they can make a big difference in the life of someone with type 2 diabetes.

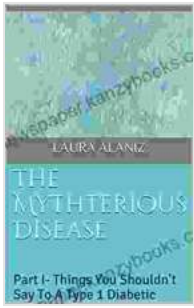
Here are some additional tips for talking to someone with type 2 diabetes:

- Be respectful of their privacy.
- Don't offer unsolicited advice.
- Listen to their concerns.
- Be patient and understanding.

Type 2 diabetes is a serious disease, but it can be managed. With the right support, people with type 2 diabetes can live long, healthy lives.

Additional Resources

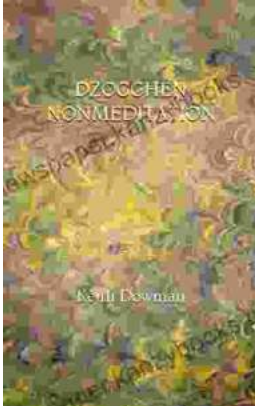
- American Diabetes Association
- Centers for Disease Control and Prevention
- National Institute of Diabetes and Digestive and Kidney Diseases



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