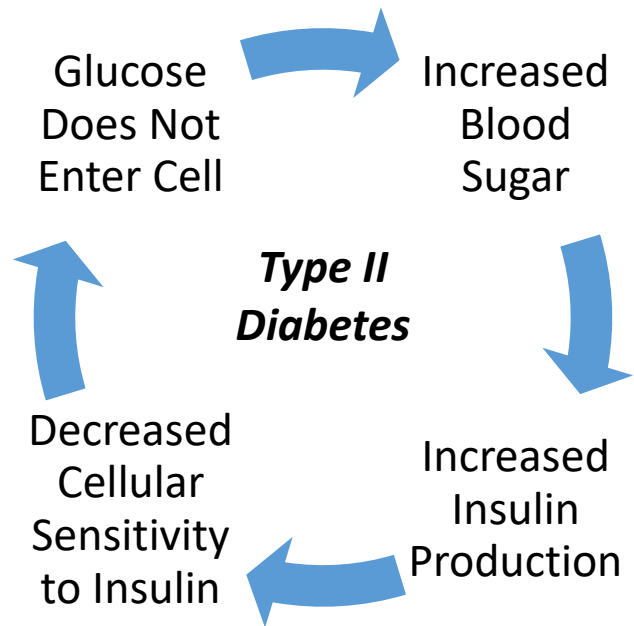
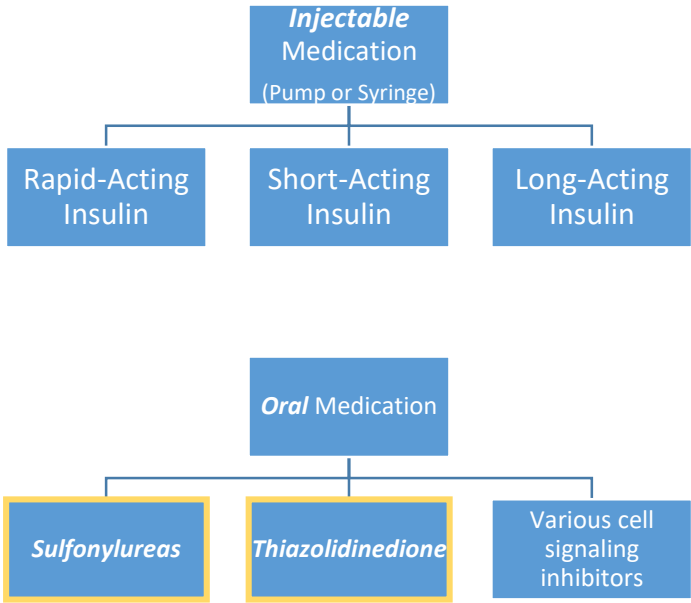


What is Type II Diabetes?

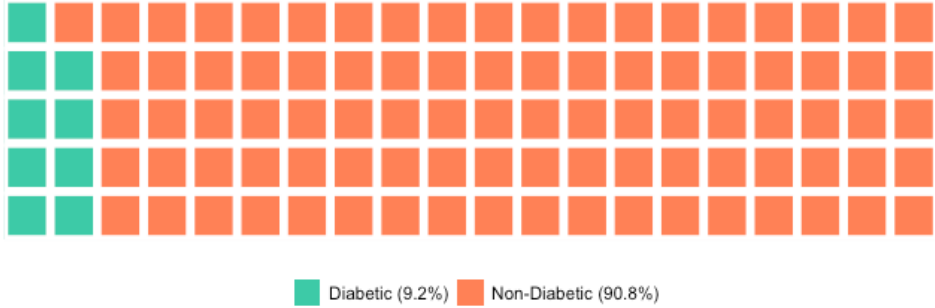


Medications

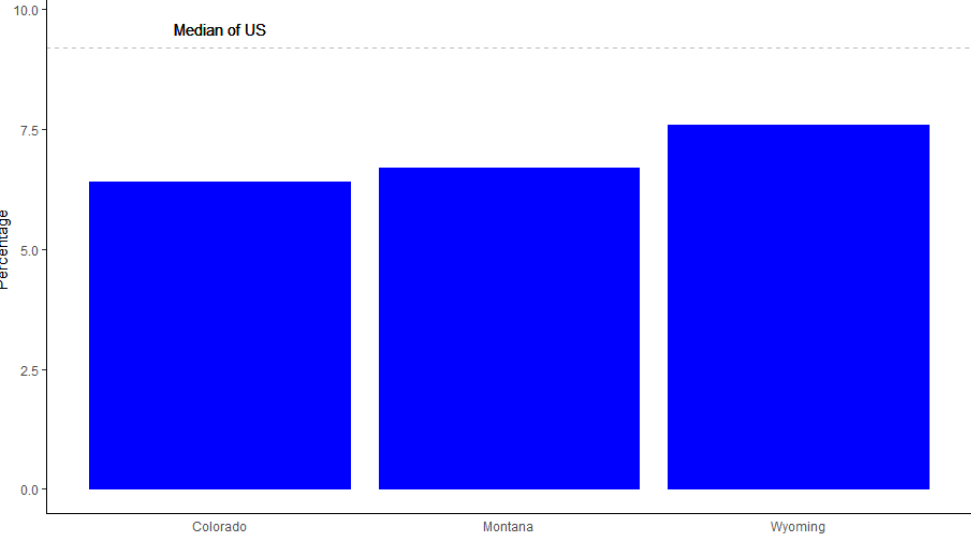


<http://www.diabetes.org/living-with-diabetes/treatment-and-care/medication/>

Prevalence of Diabetes in the US



Prevalence of Type II Diabetes in CO, MT, and WY



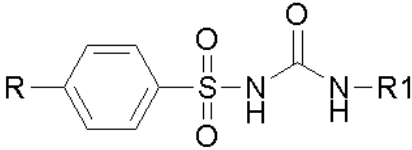
Diabetes Statistics

- 9.2% of the US population has diabetes (2015)
- 30.3 million
- 1.5 million new diagnoses annual
- 7th leading cause of death in the US

Diabetes by Race/Ethnicity

- 7.4% non-Hispanic whites
- 8.0% Asian Americans
- 12.1% Hispanics
- 12.7% African Americans
- 15.1% Native American

Sulfonylureas



Mechanism of Action: Pancreatic β -cell



Implications for Physical Activity:

Increased likelihood of hypoglycemia

Increased difficulty monitoring insulin levels

Common Brands	Generic Name
DiaBeta	<i>glyburide</i>
Amaryl	<i>glimepiride</i>
Glucotrol	<i>glipizide</i>

Major Side Effects (rare)

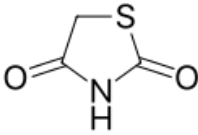
- Hypoglycemia
- Pale Skin
- Jaundice
- Various heart problems
- Hyponatremia
 - Headache
 - Severe weakness
 - Feeling unsteady

Minor Side Effects (common)

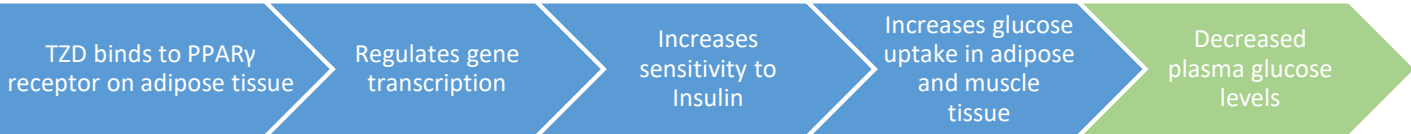
- Nausea
- Heartburn
- Full feeling

Sulfonylurea Agents: "Oral Hypoglycemic Agents," [Joslin Diabetes Center](#).

Thiazolidinedione (TZD)



Mechanism of Action: Muscle and Adipose Tissue Receptors



Implications for Physical Activity:

Possibility of increased exercise capacity

Increased functionality of mitochondria

Common Brands	Generic Name
Actos	Piog <i>litazone</i>
Avandia	Rosig <i>litazone</i>

Major Side Effects (rare)

- Fast heartbeat
- Seizures
- Anxiety
- Depression
- Dizziness

Minor Side Effects (common)

- Cold symptoms
- Joint pain
- Muscle soreness
- General feeling of discomfort