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***If Veterans don't help Veterans, who will?***

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## ***Diabetes Mellitus Type 2 and Agent Orange***

Veterans who develop type 2 diabetes mellitus and were exposed to Agent Orange or other herbicides during military service do not have to prove a connection between their diabetes and service to be eligible to receive VA health care and disability compensation.

### **About type 2 diabetes mellitus**



Diabetes is a chronic disease that affects the body's ability to use blood sugar for energy. In type 2 diabetes mellitus, the body does not produce enough insulin or the body's cells ignore the insulin.

Signs of untreated diabetes type 2 are: blurry vision, excessive thirst, fatigue, hunger, frequent urination, and weight loss.

Risk factors for diabetes type 2 include: age over 45 years, family history and genetics, sedentary lifestyle, unhealthy eating habits, obesity, and gestational diabetes.

Visit [Medline Plus](#) to learn about diabetes treatment, the latest medical research and more from the National Institutes of Health.

### **HELP PREVENT DIABETES TYPE 2**

**Here's how:** Work on losing extra pounds because being overweight is the single biggest risk factor for developing type 2 diabetes. Exercise 30 minutes a day and eat a low-fat, high-fiber diet. Learn more about [healthy living](#).

### **VA benefits for type 2 diabetes mellitus**

Veterans with type 2 diabetes mellitus who were [exposed to herbicides during service](#) may be eligible for [disability compensation](#) and [health care](#).

Veterans who served in Vietnam, the Korean demilitarized zone or another area where Agent Orange was sprayed may be eligible for a free [Agent Orange Registry health exam](#).

Surviving spouses, dependent children and dependent parents of Veterans who were exposed to herbicides during military service and died as the result of type 2 diabetes mellitus may be eligible for [survivors' benefits](#).

### **Research on diabetes and herbicides**

The Institute of Medicine (IOM) of the National Academy of Sciences concluded in its 2000 report, [Veterans and Agent Orange: Herbicide/Dioxin Exposure and Type 2 Diabetes](#), as well as in 2002 and 2004 updates, that there is limited/suggestive evidence of an association between exposure to herbicides and type 2 diabetes.

- See more at: <http://www.publichealth.va.gov/exposures/agentorange/conditions/diabetes.asp#sthash.rOEZ7pGS.dpuf>