

Type 2 Diabetes

What is Diabetes?

- Diabetes is a lifelong condition that causes a person's blood sugar level to become too high
- There are two main types of Diabetes: Type 1 and Type 2
- In the UK, around 90% of all adults with diabetes have Type 2 Diabetes
- We will be talking about Type 2 in this text

What Causes Type 2 Diabetes?

- The amount of sugar in the blood is controlled by a hormone called insulin, which is produced by the pancreas (a gland behind the stomach).
- When food is digested and enters your bloodstream, insulin moves glucose out of the blood and into cells, where it's broken down to produce energy.
- However, if you have diabetes, your body is unable to break down glucose into energy. This is because there's either not enough insulin to move the glucose, or the insulin produced does not work properly. In the case of Type 2 Diabetes, the insulin produced does not work properly.

What are the Signs & Symptoms of Type 2 Diabetes?

There are several symptoms associated with diabetes. These include:

- feeling very thirsty
- peeing more frequently than usual, particularly at night
- feeling very tired
- weight loss and loss of muscle bulk
- itching around the penis or vagina, or frequent episodes of thrush
- cuts or wounds that heal slowly
- blurred vision

What is the Treatment for Type 2 Diabetes?

- You can help manage Type 2 diabetes through healthy eating, regular exercise and achieving a healthy body weight.

Carry out regular blood tests to ensure your blood glucose levels stay balanced.

Medicine for Type 2 diabetes:

- There are many types of medicine for type 2 diabetes. It can take time to find a medicine and dose that's right for you.
- You'll usually be offered a medicine called [metformin](#) first.
- You may need to take extra medicines, or a different medicine such as insulin, if:
 - treatment is not keeping your blood sugar levels within a healthy range

- you have heart problems or need to lose weight
- Your GP or diabetes nurse will recommend the medicines most suitable for you
- Your medicine might not make you feel any different, but this does not mean it's not working. It's important to keep taking it to help prevent future health problems

References

- <https://www.nhs.uk/conditions/type-2-diabetes/>