

What is Type 2 Diabetes

Type 2 diabetes is a condition resulting in high blood glucose levels.



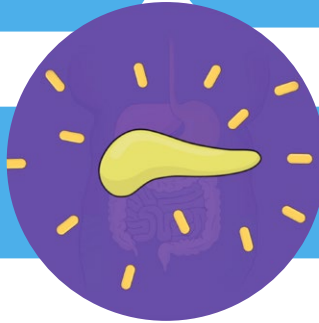
When you eat carbohydrates or have a drink that contains any sugars

your body breaks down the food and drink into glucose.

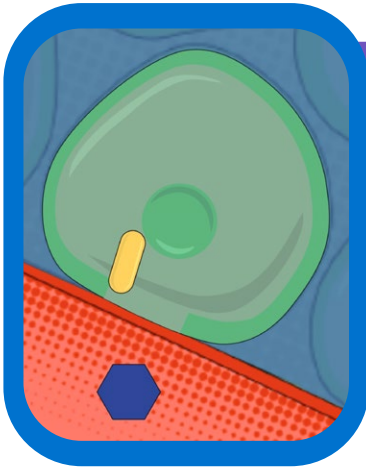


Glucose

Your pancreas responds to this glucose



by releasing insulin.

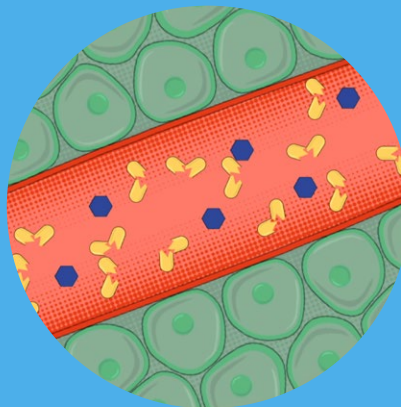


Insulin does a really important job.

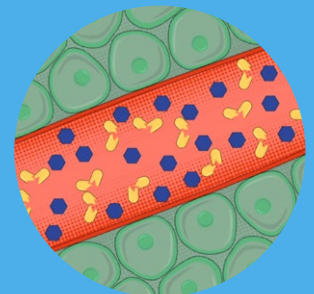
It allows the glucose from your food and drink to enter your cells, fuelling your body and giving you energy.



In Type 2 diabetes, the insulin your pancreas makes stops working properly



Your body reacts by making even more insulin



but because the cells aren't reacting to it (this is called insulin resistance), eventually your blood glucose levels rise.

Common Symptoms of Type 2 Diabetes

Feeling very tired
and not being able
to concentrate



Feeling
thirsty

Needing
to wee a
lot



Some people get
no symptoms at all
for a while

Getting stubborn
infections or skin
changes



Treatment options in Type 2 diabetes

A very important treatment in Type 2 diabetes
is to lose weight if you have a high Body Mass
Index (BMI)



Maintain a Healthy Weight

Diet

Eat a
balanced
diet



Smaller
portion
sizes



Change to
healthier food
and drink options

Lifestyle

Get good
sleep



Increase physical
activity

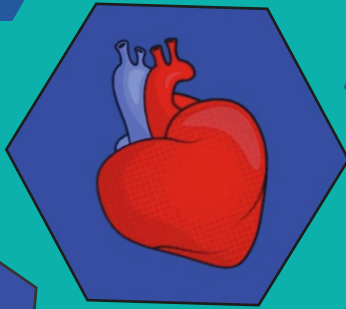


Many people with Type 2
diabetes also require
medication or insulin therapy.

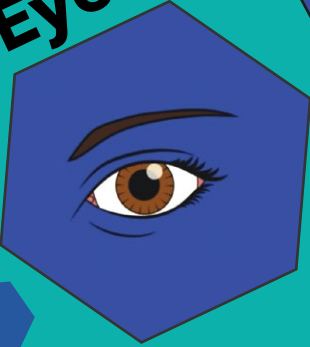


If high blood glucose is left untreated, it can start to affect other parts of your body over time.

Heart



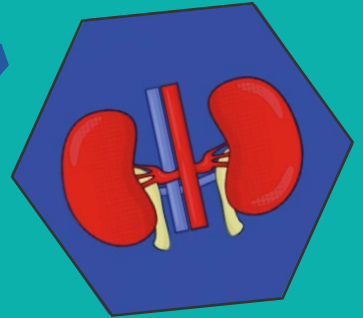
Eyes



Feet



Kidneys



These are called the Complications of Diabetes

With the right treatment and support to make healthier lifestyle changes, you can live well with Type 2 diabetes.

