

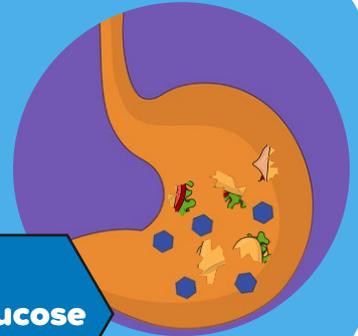
# What is Type 2 Diabetes

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



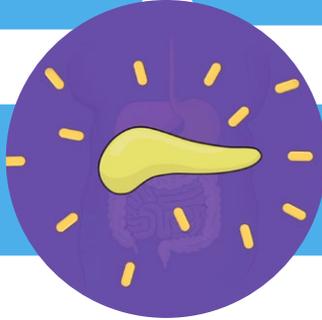
When you eat carbohydrates or have a drink that contains any sugars

your body breaks down the food and drink into glucose.

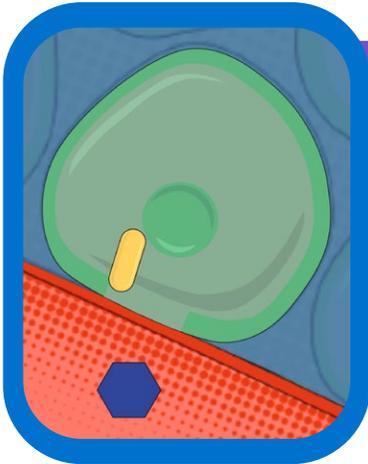


Glucose

Your pancreas responds to this glucose



by releasing insulin.

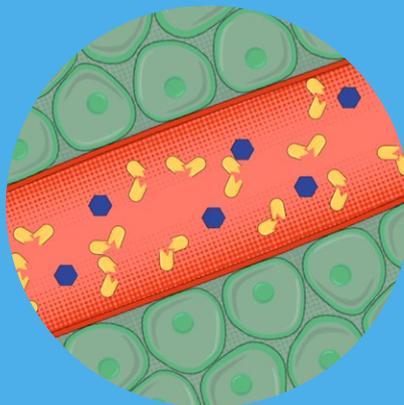


**Insulin does a really important job.**

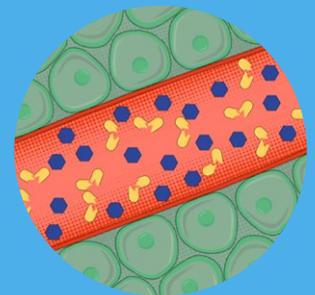
It allows the glucose from your food and drink to enter your cells, fuelling your body and giving you energy.



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

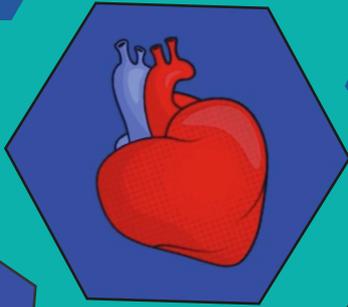


Many people with Type 2 diabetes also require medication or insulin therapy.

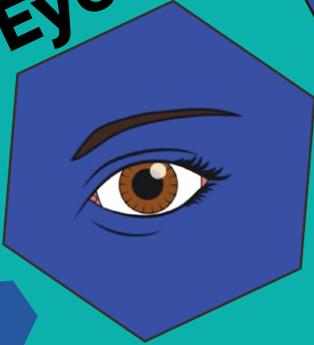


If high blood glucose is left untreated, it can start to affect other parts of your body over time.

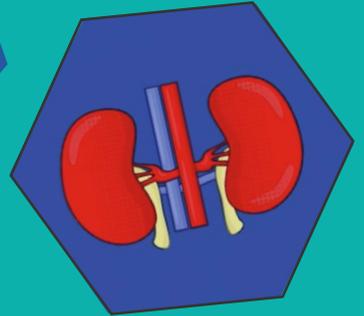
## Heart



## 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.

