



TYPE 2 DIABETES

WHAT IS TYPE 2 DIABETES?

- Type 2 diabetes is a chronic disease, in which the body does not produce enough insulin or the body cells are unable to use the insulin.
- Insulin is a hormone produced by the pancreas gland, it is necessary for the body to be able to use the sugar (glucose) that you get from the food to produce energy. It takes the sugar from the blood into the cells.

WHO GETS TYPE 2 DIABETES?

- Your risk of developing type 2 diabetes typically increases when you are:
 - Older (45 Years above)
 - Less active
 - Overweight or obese
 - Other risk factors are:
 - Having a **first-degree relative** (parent, brother, sister, or child) with type 2 diabetes.
 - Having a **waist measuring** more than 31.5 inches (80 centimetre) if you are a woman or more than 37 inches (94 centimetre) if you are a man.
 - **Having impaired glucose tolerance:** when your blood sugar levels are higher than normal but not high enough to have diabetes.
 - **Having abnormal cholesterol levels:** low good cholesterol level (HD) or high triglycerides.
 - Having **medical conditions associated with insulin resistance** such as high blood pressure and polycystic ovaries (hormonal disorder).
 - In women, a history of **giving birth to large babies** (over 4 kilograms or 9 pounds) and/or diabetes during pregnancy.
 - Taking medications such as Cortisone (steroids) for long period may lead to complications in the blood sugar.

People who have 2 or more of the above risk factors are advised to have regular check-ups for type 2 diabetes



WHAT THE SYMPTOMS ARE OF TYPE 2 DIABETES?

Common symptoms include:

- Excessive thirst or hunger
- Fatigue
- Frequent urination
- Blurred vision
- Nausea and/or vomiting

HOW IS TYPE 2 DIABETES TREATED?

A major goal of treatment is to control the blood sugar level, blood pressure, and cholesterol.

You can do this in many ways, such as:

- Follow a meal plan that was made for you.
- Be active every day.
- Take your medications as prescribed.
- Ask your doctor before taking any non-prescription medication, vitamins, or herbal products. They may affect your diabetes or prescription medications.
- Test your blood sugar on a routine basis.
- Avoid all types of tobacco.
- Avoid emotional stress

For inquiries and more information:

Please do not hesitate to contact: _____

Telephone number: _____

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