

What is Type 2 Diabetes?

Type 2 diabetes is a progressive condition in which the body becomes resistant to the normal effects of insulin and/or gradually loses the capacity to produce enough insulin in the pancreas.

Type 2 diabetes:

- Is diagnosed when the pancreas does not produce enough insulin (reduced insulin production) and/or the insulin does not work effectively and/or the cells of the body do not respond to insulin effectively (known as insulin resistance).
- Represents 85–90 percent of all cases of diabetes.
- Usually develops in adults but is increasingly occurring in younger age groups including children, adolescents and young adults
- Is more likely in people with a family history of type 2 diabetes or from particular ethnic background.
- Is managed with a combination of regular physical activity, healthy eating and weight reduction. As type 2 diabetes is often progressive, most people will need oral medications and/or insulin injections in addition to lifestyle changes over time

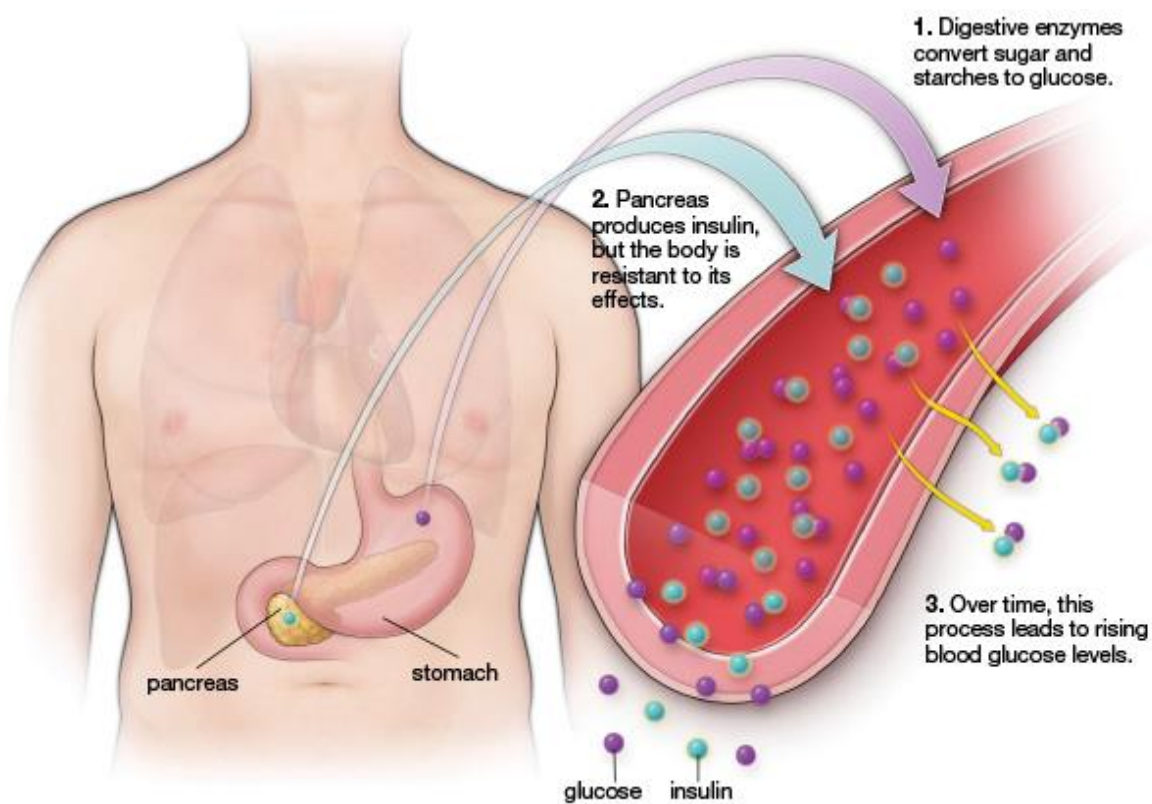


Figure 1

Type 2 Diabetes and Management

Food	Healthy food choices are important for everyone even more so after being diagnosed with diabetes. Regular meals and avoiding foods high in sugar is the ideal approach.
Exercise	Daily activity is beneficial for everyone. Adults and children alike are recommended to participate in 30- 60 minutes of physical activity per day. Exercise has both positive benefits on the body (reduces blood glucose levels) and mind (psychological benefits).
Monitoring and Screening	Regular reviews with the diabetes team and glucose monitoring are an important part of making sure lifestyle changes are effective.
Tablets	Sometimes tablets are prescribed to optimise diabetes management in addition to healthy food and exercise choices.
Insulin	Sometimes insulin injections are needed in addition to tablets and lifestyle changes. Insulin might be needed at diagnosis or later in life.
Education and Support	Diabetes is a complex condition that is always changing. It is a lot for a child and family to deal with and requires family involvement and ongoing health care professional input.

For more information regarding type 2 diabetes please visit the following links

- https://youtu.be/4SZGM_E5cLI
- <https://www.youtube.com/watch?v=JAjZv41iUJU>

For information



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