

Introduction

Type 2 diabetes is a serious condition where the insulin your pancreas makes can't work properly, or your pancreas can't make enough insulin. This means your blood glucose (sugar) levels keep rising.

Causes

When you have type 2 diabetes, your body still breaks down carbohydrate from your food and drink and turns it into glucose. The pancreas then responds to this by releasing insulin. But because this insulin can't work properly, your blood sugar levels keep rising. This means more insulin is released.

Signs and symptoms

- Feeling very tired.
 - Feeling thirsty.
 - Going to the toilet a lot
 - Losing weight without trying to.
- Some people don't ask for help, this means that they can live for up to 10 years with type 2 diabetes before being diagnosed.

Risk factors

- Age
- Family history.
- Ethnicity.
- High blood pressure.
- Being overweight.

Treatments

- Insulin
 - You might initially be able to treat your diabetes by eating well and moving more, studies have shown that weight loss can put Type 2 diabetes into remission.
 - Tablets and medication
- The most common tablet is metformin, Some medication:- sulphonylureas



Reference

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

Management

- Support from other people:
- Talk about your feelings with your family and friends – they may be concerned and wish to help.
 - Get to know other people with diabetes.
- Taking control:
- Get the information you need.
 - Blood lipid (fats) test: A blood test of cholesterol and triglycerides . Kidney function tests: Get a urine test that checks for protein in urine at least once a year.
 - Get a blood test for creatinine, a waste product, at least once a year. These tests screen for kidney problems.
 - Blood pressure: Get your blood pressure checked at every medical appointment.
 - Foot exam: At every medical appointment, get your feet's nerves and blood circulation. Caring for your teeth and monitoring your appointments.
 - Carry some form of medical identification about your diabetes.

Summary

Type 2 diabetes is a serious condition where the insulin your pancreas makes can't work properly, or your pancreas can't make enough insulin. This means your blood glucose (sugar) levels keep rising.

When you have type 2 diabetes, your body still breaks down carbohydrate from your food and drink and turns it into glucose.

- Feeling very tired.
- feeling thirsty,
- your age.
- family history.
- Insulin, Metformin & Sulphonylureas.

The ways of management are, first talk about your feelings with your friends & family, get to know other people with diabetes, get information you need, do a blood lipid test, kidney function test & blood test of creatinine, get your blood pressure checked, & get a foot exam.