Type 2 Diabetes

Type 2 diabetes is a chronic disease that occurs when your body is resistant to insulin or when your body doesn’t produce enough insulin. In these cases, the glucose that’s produced by your liver can’t enter your cells and your blood glucose level rises.

Explore how genetics and other factors add up

You can have a family history of Type 2 diabetes and still not develop it. But some people have a higher risk of Type 2 diabetes and may develop it at a younger age. If you have a family history of Type 2 diabetes, lifestyle changes can reduce your risk.

Ways to take action

Eat a healthy diet

An empty stomach is the best diet for the pancreas. If you have diabetes, you may need to adjust your blood sugar levels to keep them within the normal range.

Exercise

Exercise can help you lose weight, which can reduce your risk of Type 2 diabetes. Exercise also helps you maintain your weight, which can prevent the condition from worsening.

Support for the next steps

- Your American Diabetes Association 2023

About type 2 diabetes

What is type 2 diabetes?

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Symptoms and complications

- You may develop complications in your heart, brain, or blood vessels, such as heart disease, stroke, or kidney failure.
- You may develop complications in your eyes, skin, or nerves, such as retinopathy, skin infections, or neuropathy.
- You may develop complications in your limbs, such as amputations.
- You may develop complications in your hormones, such as hypoglycemia.

Risk factors for type 2 diabetes

- Family history of diabetes
- Age over 45 years
- African American, Native American, or Hispanic
- history of prediabetes or gestational diabetes
- If you have a sister, brother, or parent with type 2 diabetes

Learn more about type 2 diabetes:

- Consult with a healthcare professional
- You can make a report about your diabetes if you have symptoms, which should be seen by a healthcare professional.

Keep in mind

- Consult with a healthcare professional

Scientific Details

1. Option information for you:
   - Diabetes screening guidelines:
     - Blood test for diabetes
     - Glucose tolerance test
     - HbA1c test
     - Finger-prick test
   - Other factors that may impact your likelihood:
     - Age
     - Family history
     - Obesity
     - Physical inactivity
     - Smoking
     - High blood pressure
   - Additional factors:
     - Ethnicity
     - Menopause
     - Pregnancy

2. Validate your goals:
   - Set achievable goals for your diabetes management program
   - Consult with healthcare professionals to develop a personalized plan

3. Diabetone-120: Introduction of an innovative drug for diabetes control:
   - Improved glucose control
   - Reduced side effects
   - Enhanced patient compliance

About the Type 2 Diabetes Genetic Model:

This model uses genetic information to predict the likelihood of developing Type 2 Diabetes. The genetics are a combination of several factors, including family history, ethnicity, and lifestyle choices. The model calculates the risk based on these genetic variables and helps identify potential risk factors.

Diabetes Screening Guidelines:

- Blood test for diabetes
- Glucose tolerance test
- HbA1c test
- Finger-prick test

Other factors that may impact your likelihood:

- Age
- Family history
- Obesity
- Physical inactivity
- Smoking
- High blood pressure

References:


Changelog:

- Updated on March 1, 2018, with new genetic models and screening guidelines.
Frequently Asked Questions

Type 2 Diabetes

What does it mean to have Type 2 Diabetes?

Type 2 diabetes is a chronic condition in which blood sugar (glucose) levels are higher than normal. It is caused by changes in how your body processes and uses glucose. While your body is able to obtain energy from food, it can’t use it as effectively as it should. Over time, this can lead to high blood sugar levels. If left untreated, high blood sugar levels can damage your heart, blood vessels, eyes, kidneys, nerves, and the lining of your blood vessels.

Causes & Risk Factors

What increases the risk of Type 2 Diabetes?

The risk of developing Type 2 diabetes is influenced by a combination of factors, including genetics, age, ethnicity, obesity, physical inactivity, and certain lifestyle habits. However, many people with Type 2 diabetes can manage their condition and reduce their risk of complications by making healthy lifestyle changes.

Causes & Risk Factors

What are the symptoms of Type 2 Diabetes?

The symptoms of Type 2 diabetes may vary from person to person but can include:

- Frequent urination
- Excessive thirst
- Unusual weight loss
- Fatigue
- Blurred vision
- Dry mouth
- Headache
- Shortness of breath

If you notice any of these symptoms, it’s important to speak with your healthcare provider to determine if you have Type 2 diabetes.

Causes & Risk Factors

How is Type 2 Diabetes Diagnosed?

Diagnosis of Type 2 diabetes is typically based on a combination of symptoms and blood tests. If you have any of the symptoms mentioned above, your healthcare provider may order a few blood tests to determine your blood sugar levels. These tests can help diagnose Type 2 diabetes and monitor its progression.

Causes & Risk Factors

What are the treatment options for Type 2 Diabetes?

There are several treatment options for managing Type 2 diabetes, including lifestyle changes, medication, and other interventions. Treatment plans are individualized and may include:

- Healthy eating and physical activity
- Blood sugar monitoring
- Medications
- Insulin therapy

Your healthcare provider will work with you to develop a treatment plan that best suits your needs.

Causes & Risk Factors

How can I prevent Type 2 Diabetes?

Preventing Type 2 diabetes involves making healthy lifestyle changes. Some strategies to consider include:

- Maintaining a healthy weight
- Engaging in regular physical activity
- Eating a balanced diet
- Quitting smoking
- Managing stress

By adopting these habits, you can reduce your risk of developing Type 2 diabetes and improve your overall health.

Causes & Risk Factors

Type 2 Diabetes: How to Prevent It

Your body needs sugar for energy, but too much sugar over time can cause health problems. A healthy lifestyle is key to managing Type 2 diabetes. Whether you have Type 2 diabetes or are at risk, here are some tips to help prevent complications.

- Get active: Regular physical activity, like walking or dancing, helps control blood sugar levels. Aim for at least 150 minutes of moderate activity each week, or 75 minutes of vigorous activity.
- Eat well: Choose a diet rich in fruits, vegetables, whole grains, and lean protein. Limit sugary drinks and processed foods.
- Reach your weight goal: Losing as little as 5% of your body weight can improve your blood sugar levels.
- Check your blood sugar: Regularly monitoring your blood sugar levels can help you stay on track. Talk to your healthcare provider about how often you should test.

By making these changes, you can reduce your risk of Type 2 diabetes and live a healthier, happier life.