

What is type 2 diabetes?

Type 2 diabetes progresses when the insulin-producing cells in the body are unable to produce enough insulin, or when the insulin that is produced does not work properly.

This is also known as insulin resistance. Generally in these cases the body is still producing insulin but there is not enough insulin or the insulin isn't working properly, so the cells are only partially unlocked, which causes a build up of glucose in the blood.

What are the common symptoms?



Being tired



Change in weight



Increased urination



Blurred vision



Feeling thirsty



Tummy pain

What causes type 2 diabetes?

Diabetes runs in the family. If you have a family member with type 2 diabetes, you have a genetic disposition to the condition.

While people may have a strong genetic disposition towards type 2 diabetes, the risk is greatly increased if people display a number of modifiable lifestyle factors including high blood pressure, overweight or obesity, insufficient physical activity, poor diet and the classic 'apple shape' body where extra weight is carried around the waist.

Type 2 diabetes can be managed by:



Following a healthy eating plan



Being physically active



Regular medical check-ups



Medication



Blood glucose tests