Type 2 Diabetes Mellitus

What is Diabetes?

Diabetes

Knowledge Bridge

Doctor's Chamber

- **Type 2 diabetes is a long-lasting condition in which there are high levels of sugar in the body**
- **The sugar is not converted in to glucose**
- **It happens when body resists the effect of insulin (a hormone to maintain movement of sugar in body)**
- **Also happens when body is not producing enough insulin**
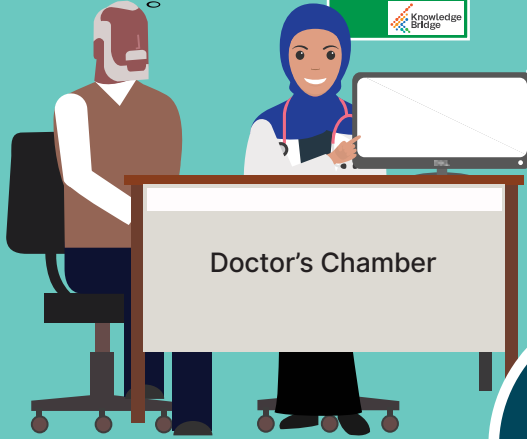
Diabetes Facts

- The Middle East and North African region has about 55 million diabetics. Alarmingly, this figure will rise to 108 million in the region by 2045 at this rate
- According to estimates diabetes caused about 418,900 deaths in 2019 in the Middle East and North African region
- 90% of patients with diabetes have type 2 diabetes

Source: International Diabetes Federation. IDF Diabetes Atlas, 9th edn. Brussels, Belgium; 2019. Available from the *URL:* http://www.diabetesatlas.org
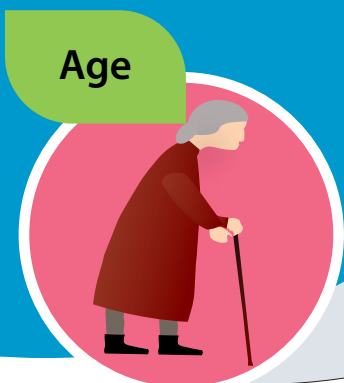
Family history

Lack of exercise

Risk Factors

Overweight

Race

Age

ABCs of diabetes

A1c test
Also known as glycosylated hemoglobin test. It is a blood test that measures the average blood sugar level over the past three months. It is important to keep track of blood sugar to stay healthy
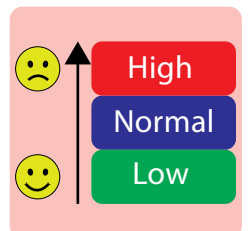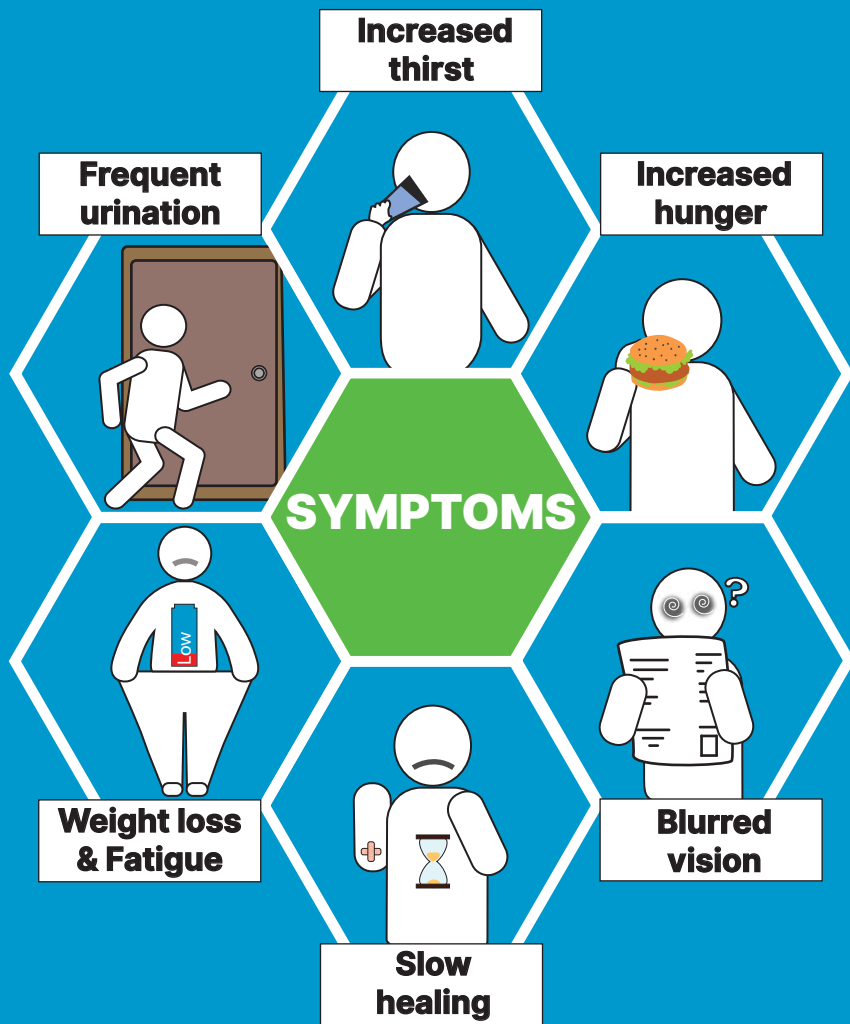
Blood pressure
The pressure of blood against blood vessels walls (normal 140/90 mm Hg). If your BP is too high, it will affect the heart resulting in a heart attack

Cholesterol
It is a fat-like substance found in cells. In diabetics good cholesterol decreases and bad cholesterol increases. This blocks the blood vessels and can cause stroke, heart attack, etc.

High
Normal
Low

SYMPTOMS

Increased thirst

Frequent urination

Increased hunger

Weight loss & Fatigue

Slow healing

Blurred vision

Treatment

Balanced diet

Regular exercise

Oral hypoglycemic therapy

Insulin therapy

Insulin

Investigations

221 mg/dL

HbA1c

Glycosylated hemoglobin test

- **Fasting**
- **Postprandial**
- **Random**

Diabetic
Normal

Blood sugar (mg/dL)

240

180

120

60

1 2 3 4

Hours
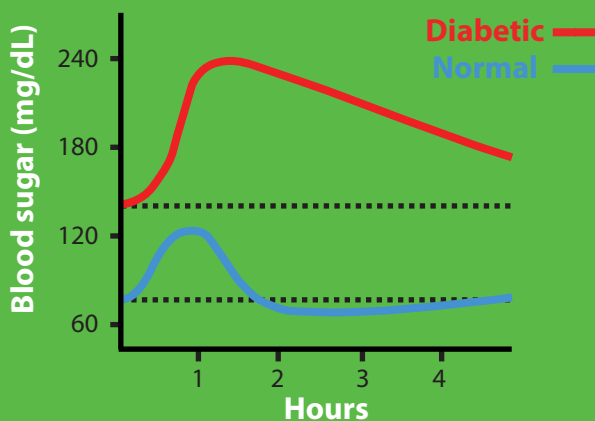
Blood sugar testing

Oral glucose tolerance test

Prevent Diabetes

Eat Healthy

Exercise Daily

Reduce Weight

Doctor's Chamber