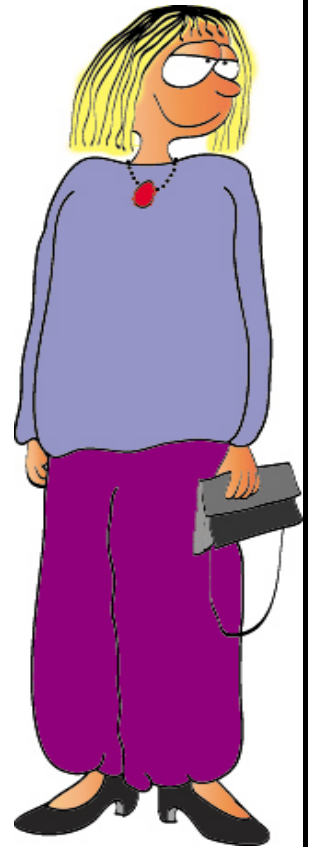


TYPE 2 DIABETES

- The majority of people with diabetes have Type 2 diabetes.
- This type of diabetes usually occurs in people over the age of 30, but is becoming more prevalent in children.
- It often “runs in the family” and can be triggered by aspects of lifestyle, such as overweight, inactivity and stress.



What happens in the body with Type 2 diabetes?

- The body produces insulin, but there may be less of it, or it may not work properly. It is thought that carrying extra body fat inhibits the effectiveness of insulin.
- Any glucose that reaches the muscle will therefore have its journey delayed and high blood glucose levels will result.
- The onset of Type 2 diabetes is usually slow, due to a gradual build up of glucose in the blood stream - some people may have this type of diabetes for years without knowing it.



How is Type 2 diabetes treated?

- Healthy eating and physical activity, with the aim of controlling body weight, blood glucose and blood lipid levels. Some people require tablets to help control blood glucose levels, while others may require insulin.
- 🌐 **Type 2 diabetes is known to be a lifestyle-related condition that can “run in families”.**
- 🌐 **The insulin produced is less effective or there is a relative lack of insulin.**
- 🌐 **Treatment involves healthy eating, physical activity and in some cases, tablets or insulin may be required.**



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