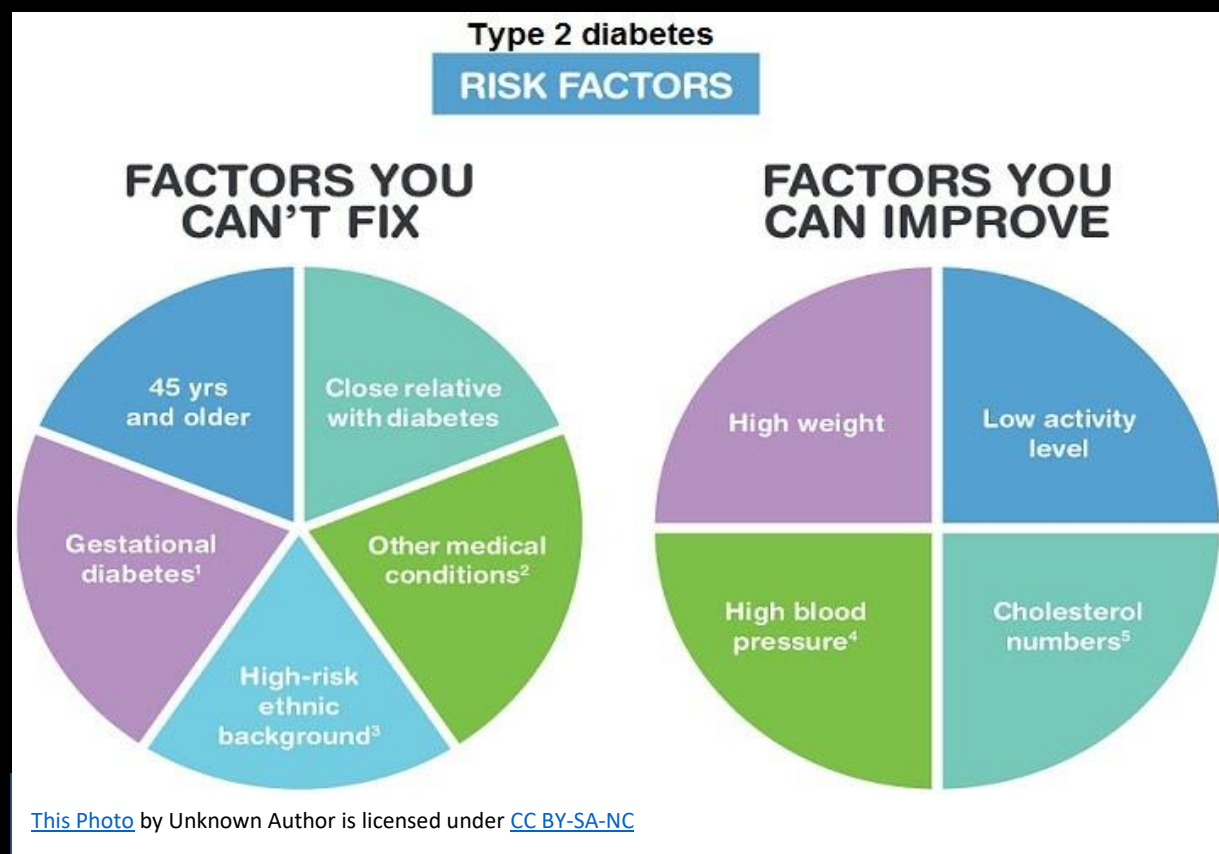


Diabetes is a chronic, long-lasting health issue that affects how the human body turns food into energy; most of the food consumed is broken down into sugar, also known as glucose. There are two types of diabetes which are type 1 and type 2 diabetes. However, I will be focusing on type 2 diabetes. Causes of 2 diabetes can be genetic, hereditary, and lifestyle. People manage type two diabetes by involving inactive life and eating a balanced diet that will enable them to control their sugar level in their bloodstream. With the control of high blood pressure and dangerous blood cholesterol, the patient can live a healthy life. The prescribed medication also helps to control type two diabetes.

<https://studentshare.org/health-science>



- Weight lost
- Feeling thirsty
- Frequent urinating
- Feeling tired

Reference

www.worldhealthorganization.2020accessed10/11/20
www.diabetes.org.uk/type2daibetes.accessedo1/11/20