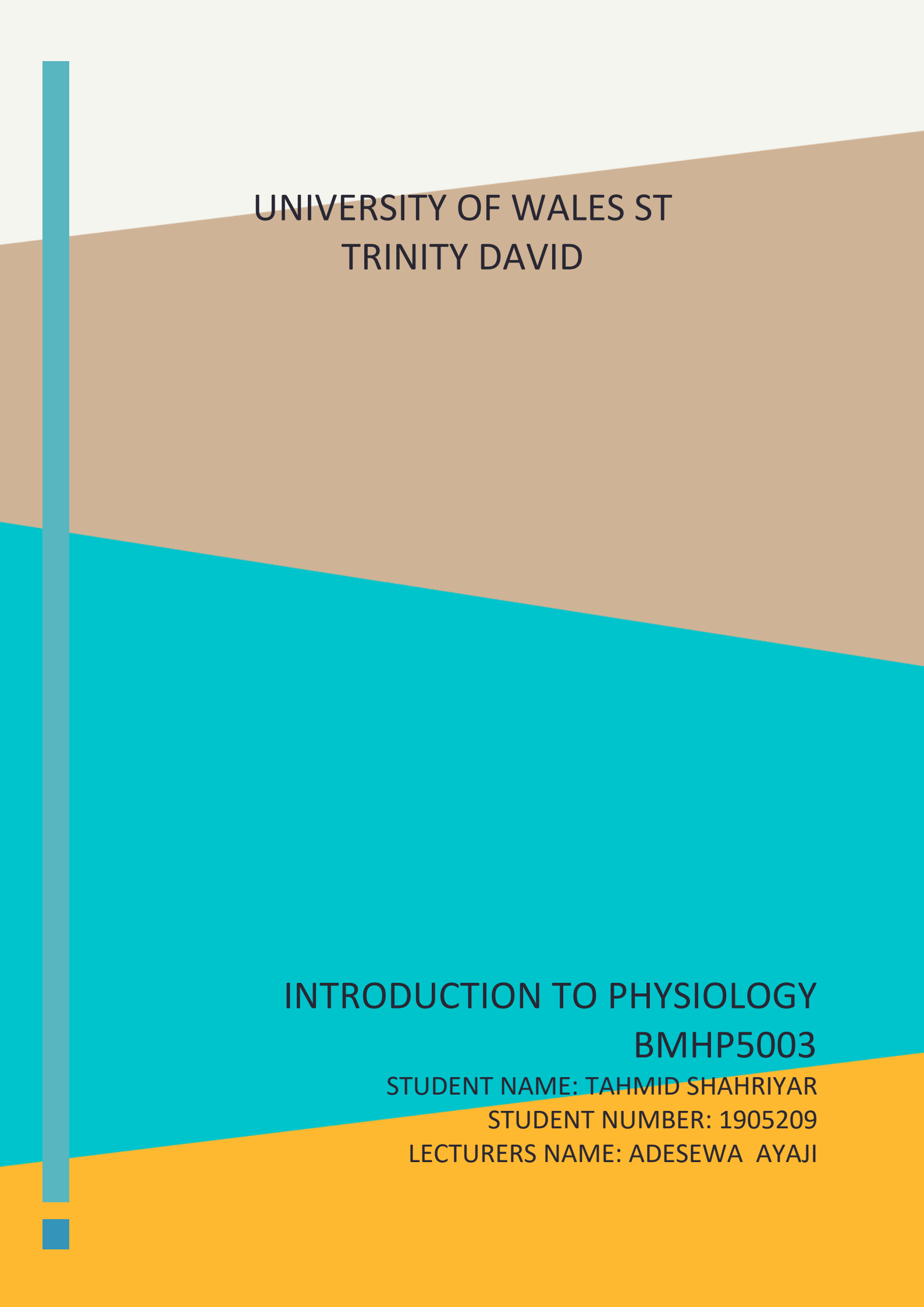




UNIVERSITY OF WALES ST
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INTRODUCTION TO PHYSIOLOGY
BMHP5003

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Type 2 diabetes

Diabetes is a significant condition it is caused when an organ in your body called the pancreas cannot create insulin or cannot work correctly. Ultimately this causes blood glucose levels to elevate beyond normal means. (Diabetes UK 2020)

If diabetes is left untreated it can cause serious impacts on various parts of the body including the eyes, nerves, kidneys and heart.

Over 90% of diabetes cases are type 2 diabetes.

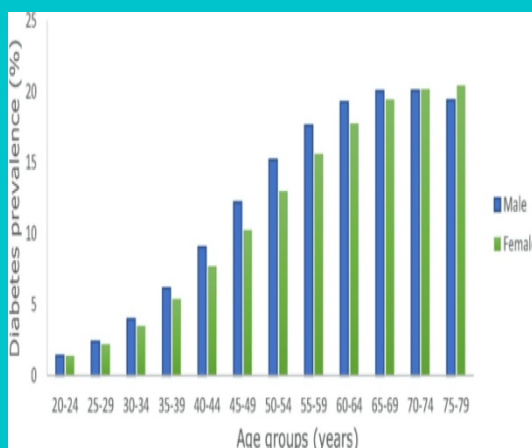
Adults with diabetes have 2 – 3 times more likelihood of having a heart attack or stroke.

Symptoms:

Generally, patients who have type 2 diabetes do **not realise** till much later this is due to symptoms slowly showing. (NHS, 2020)

Some symptoms of type 2 diabetes include:

- Feeling tired
- Blurred vision
- Feeling thirsty more frequently
- Increased hunger



of people living with
TYPE 2 DIABETES

54%
have never seen a
dietitian

64%
have never seen an
endocrinologist

63%
have never seen a
**certified diabetes
educator**



healthline

There are several risk factors for developing diabetes type 2 these include:

- Being overweight
- Smoking
- Having family members who have type 2 diabetes
- Physically less active than 3 times a week (CDC, 2020)

Diabetes is a preventable condition and is a condition which can be delayed, thus various lifestyle changes can prevent someone's condition developing. (WHO, 2020) To prevent diabetes people should:

- Retain a healthy body weight
- Quit smoking and quit tobacco products
- Be more active, try to complete 30-minute exercises every day.

There are multiple treatments for diabetes type 2 some of which include medicine and medical intervention dependent on the symptoms and issues a person is having, Type 2 patients can be treated via oral medicines however patients might require insulin.

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