Type 2 Diabetes

What is it?

Type 2 Diabetes is where your body cannot properly use insulin, which will cause a build up of glucose; a type of sugar. This build up will cause your body to have a higher blood glucose level than normal. There is insulin in your body, it just cannot use it correctly in order for your body to control glucose levels. Therefore, if you can’t use insulin, then your body won’t produce to meet the requirements.

Complications

Type 2 Diabetes can cause complications to:

- Your eye sight will become weak
- Your arms and legs
- The nervous system
- The kidneys will not properly flush out
- Your blood sugar count will rise

These complications can be very severe, even life threatening.

30% of people have type 2 diabetes
Only 10% have type 1 diabetes.

Type 2 diabetes mainly occurs in people over the age of 45 years old and young, obese children.

How to Prevent:

You can prevent getting Type 2 Diabetes by:

- Having a healthy diet
- Exercising for a sufficient amount of hours every week
- Having a low sugar intake
- Having a low sodium intake

There is currently NO cure for Type 2 Diabetes

Can you overcome it?

You cannot get rid of Type 2 Diabetes, but you can control it by having a healthy diet of low sugar intake, exercising, taking your medications when needed, and having a low sodium intake.

Attention!

Type 2 Diabetes can affect a person’s mental state tremendously. A person with type 2 diabetes worries if they’ll be able to get to their medicine, if they will be able to control their blood glucose levels, if they’ll be able to survive this disease. Type 2 Diabetes only has about a 50/50 chance of surviving.

Works Cited


