

DIABETES TYPE 2

Diabetes is a disease that occurs when your blood glucose, also called blood sugar, is above normal range. This is also called as "Hyperglycaemia".

Blood glucose is your main source of energy and comes from the food that you eat. Insulin, a hormone made by pancreas, helps glucose from food get into your cells to be used as energy or stores to be used later. A diabetic person has a problem with insulin but, not all.

There are three types of diabetes that are Type 1, Type 2 and Gestational diabetes (occurs in pregnant woman)



DO YOU KNOW WHAT IS TYPE 2 DIABETES?

Your body does not use insulin adequately in type 2 diabetes. In type 2 diabetes insulin is produced but the cells don't use as they should. This is called insulin resistance. At first, the pancreas makes extra insulin to make up for it. Over time your pancreas isn't able to keep up and can't make enough insulin to keep your blood glucose levels normal. Type 2 is treated with lifestyle changes, oral medications (pills), and injectable insulin.

Healthy diet and active life can help to control type 2 diabetes. But, your doctor may also need to prescribe oral medications or insulin to help you meet your targeted blood glucose levels. Type 2 usually gets worse over time—even if you don't need to take medications at first, you may need to later on.



BLOOD GLUCOSE CHART

Mg/DL	Fasting	After Eating	2-3 hours After Eating
Normal	80-100	170-200	120-140
Impaired Glucose	101-125	190-230	140-160
Diabetic	126+	220-300	200 plus



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DIFFERENCE BETWEEN TYPE 1 AND TYPE 2 DIABETES.

Type 1 diabetes is caused by the body attacking its own pancreas with antibodies. This may take few weeks, months, or years to develop. When enough of the cells are gone, your pancreas makes little or no insulin. The damaged pancreas doesn't make insulin and the blood glucose becomes dangerously high.

Injectable insulin with syringe or insulin pen or pump is used in management for people with type 2 diabetes.

CAUSES TYPE 2 DIABETES

The accurate cause of type 2 diabetes is unknown. However there are several risk factors that are associated with development of type 2 diabetes. They are as follows,



Gestational diabetes or delivering child weighing more than 4.5 kilogram



Being overweight and obesity



Sedentary lifestyle



Genetics



High Triglyceride (Cholesterol) level



Family History



Race and Ethnicity



Age



High Blood Pressure

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TREATMENTS USED IN TYPE 2 DIABETES

The aim of diabetes treatment is to make sure you feel well daily and to prevent or postpone long-term health problems. The best way to reach those goals is by:

- Taking medications according to doctors prescription.
- Life style modification that include diet planning – choosing what, how much and when to eat, and being physically active



HOW WILL I KNOW IF MY DIABETES TREATMENT IS WORKING?

HbA _{1c} test score	MEAN BLOOD mg/dL	GLUCOSE mmol/L
14.0	380	21.1
13.0	350	19.3
12.0	315	17.4
11.0	280	15.6
10.0	250	13.7
9.0	215	11.9
8.0	180	10.0
7.0	150	8.2
6.0	115	6.3
5.0	80	4.7
4.0	50	2.6

You should get an A1C test done at least twice a year that will help you and your doctor to keep track on your blood glucose levels. A1C is first part of your diabetes ABCs, which will tell you if your overall status of diabetes treatment.

The ABCs of diabetes are:

A is for A1C or estimated average glucose (eAG) his blood test indicates your average blood sugar level for the past two to three months. Normal levels are below 5.7 percent, and a result between 5.7 and 6.4 percent is considered prediabetes. If your A1C level is 6.5 percent or higher in two separate tests which denotes you have diabetes.

B is for blood pressure, having diabetes raises your risk of heart disease, stroke, kidney disease and other health problems. your blood pressure should be in range of 80/130. If you have diabetes, your doctor will ensure that your blood pressure is under control.

C is for cholesterol Your cholesterol indicates you about the amount of fat in your blood. Some kinds of cholesterol can raise your risk for heart attack and stroke. For diabetic people with unknown coronary heart disease, it is necessary that LDL levels in the blood is less than 100 mg/dL and HDL level is more than 50 mg/dL, and triglycerides below 150 mg/dL

