

What to expect when diagnosed with Type 2 Diabetes

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Abstract

The following is an information sheet for someone who has been newly diagnosed with the Type 2 Diabetes.

1 Type 2 Diabetes

As you know, you have been diagnosed with Type 2 Diabetes, but don't be scared, it may change the things you can eat, but if treated responsibly it is not too dangerous.

I will now proceed to explain what diabetes is, why it happens and how it can be managed.

Type 2 Diabetes is a common condition that causes the level of sugar (glucose) in the blood to become too high.

Why does this happen you may ask and this is because the insulin which your pancreas creates doesn't work or your pancreas doesn't create enough insulin to keep up with the glucose that the body is freeing from food that you consume.

The insulin that does not work which your pancreas creates avoids the glucose from going into the bloodstream and this makes it accumulate thus the glucose level rises.

Some symptoms of type 2 diabetes are:

- Feeling tired.
- Having to urinate a lot.
- Wounds healing very slowly.
- Being very thirsty.
- Getting infections like thrush as well as having blurry vision.

2 How can you manage this?

There are many ways to manage type 2 diabetes some of which are:

- Eating healthy (eating food rich on fibre and healthy carbohydrates).
- Being more active, doing sports and going for walks.
- and losing weight.

3 What are low GI Foods?

The GI (glycemic index) is a number from 0 to 100 assigned to a food, with pure glucose arbitrarily given the value of 100, which represents the relative rise in the blood glucose level two hours after consuming that food.

It is recommended to eat low GI food because they are more slowly digested, which causes a slower rise of glucose in the blood which your pancreas can manage. Some GI foods are:

- 100% stone-ground whole wheat or pumpernickel bread.
- Oatmeal (rolled or steel-cut), oat bran, muesli.
- Pasta, converted rice, barley, bulgur.
- Sweet potato, corn, yam, lima/butter beans, peas, legumes and lentils.
- Most fruits, non-starchy vegetables and carrots.

4 Bibliography

References

- [1] What is Type 2 diabetes? <https://www.diabetes.org.uk/diabetes-the-basics/what-is-type-2-diabetes>
- [2] Type 2 diabetes <https://www.nhsinform.scot/illnesses-and-conditions/diabetes/type-2-diabetes>