

## Conditions that increase the risk of developing complications of type 2 diabetes

Certain conditions increase the risk of experiencing these chronic complications that arise as a result of the damage to the blood vessels and nerves from raised blood sugar. These conditions are;

- Overweight/obesity
- High blood pressure
- Raised amounts of lipids (fats/oils) in the blood. A condition called dyslipidemia
- Smoking
- Taking alcohol above healthy limits
- Poor diet
- Low physical activity