

What is type 2 diabetes?

Type 2 diabetes develops when the body can still make some insulin, but not enough, or when the cells that need insulin do not respond to it properly (known as insulin resistance).

Insulin allows the cells of the body to take glucose from the blood stream to use for energy. If there is not enough insulin to go around, or the cells are not responding to it properly, the glucose cannot get to where it's needed and it builds up in the blood. An overly high level of glucose in the blood (hyperglycaemia) is damaging and causes the symptoms of diabetes and long-term health problems.

Type 2 diabetes usually appears in people over the age of 40, although in South Asian and black people, who are at greater risk, it often appears from the age of 25. It is also increasingly becoming more common in children, adolescents and young people of all ethnicities as a result of rising levels of childhood obesity.

Type 2 diabetes accounts for between 85 and 95 per cent of all people with diabetes and is treated with a healthy diet and increased physical activity. In addition to this, medication and/or insulin are often required.

Making lifestyle changes is key to managing type 2 diabetes. This includes the following steps:

Managing your weight

Reducing your weight if you are overweight will help your body use insulin better.

The All About Weight D2 plan is a safe, effective way for you to lose weight if you have the condition.

Eating well

Eat a healthy, balanced diet that is low in fat, salt and sugar and accompanied by plenty of fruit and vegetables. This will help you control your weight and blood glucose levels.

The All About Weight D2 plan is a healthy diet for people with type 2 diabetes and includes a wide range of foods that will help to control blood sugar and reduce bad cholesterol and triglycerides.

Keeping active

Regular physical activity will manage your weight and help your body use insulin better.

The All About Weight D2 plan includes physical activity tailored to your ability and lifestyle, along with an online fitness advisor to answer your questions.

References

<http://www.diabetes.org.uk/> available on 26/7/2010