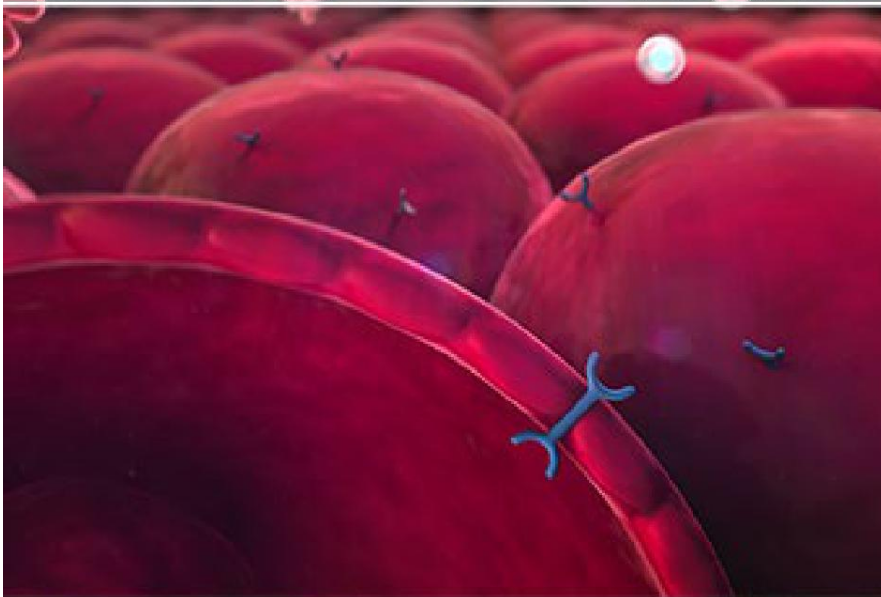
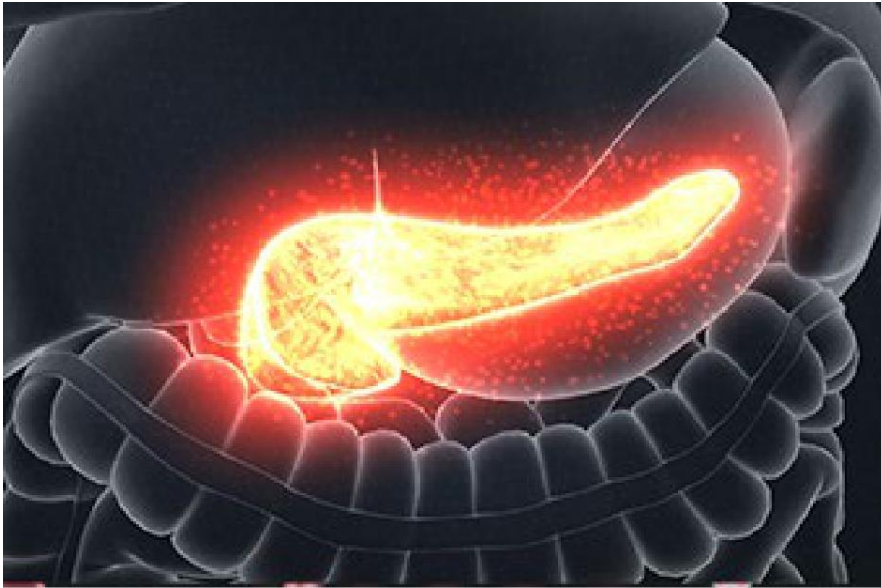




Diabetes (Type 2)



Overview

This is the most common form of diabetes. With it, your body has trouble making and using insulin. That's the hormone that helps glucose enter your cells to produce energy.

How it Develops

Type 2 diabetes starts gradually. Normally, your pancreas releases insulin into your bloodstream to help your body use glucose. If your body develops a resistance to insulin, glucose builds up. This causes your pancreas to release more insulin. But, it can't make enough to meet your body's needs. When this happens, you have diabetes.

Symptoms

Symptoms include increased hunger, thirst and fatigue. You may need to pee often. You may lose weight and have blurry vision. And, you may have frequent infections and sores that won't heal. These symptoms can happen so slowly, so you may not notice them at first.

Risk Factors

Some things increase your risk. It's more common in older people and in those who are overweight. It can be linked to your genes. Other medical problems like high blood pressure and high cholesterol raise your risk, too.

Complications

Diabetes can lead to serious complications. It can damage your heart and kidneys. It can damage your nerves, causing numbness and tingling in your hands and feet. Ask your doctor for a full list of complications.

Management

Type 2 diabetes is managed with healthy eating, regular exercise and careful monitoring. You may benefit from medications or insulin therapy. Your doctor will create a care plan that is right for you.