

WHAT IS TYPE 2 DIABETES

Diabetes is a disease in which blood glucose levels are above normal. People with diabetes have problems converting food to energy. Type 2 diabetes, formerly called adult-onset or noninsulin-dependent diabetes, is the most common form of diabetes. People can develop Type 2 diabetes at any age, even during childhood.

People develop Type 2 diabetes because the cells in the muscles, liver, and fat do not use insulin properly. Eventually, the pancreas cannot make enough insulin for the body's needs. As a result, the amount of glucose in the blood increases while the cells are starved of energy.

Being overweight and inactive increases the chances of developing Type 2 diabetes. Treatment includes taking diabetes medicines, making wise food choices, and exercising regularly.

Over the years, high blood glucose damages nerves and blood vessels, leading to complications such as heart disease, stroke, blindness, kidney disease, nerve problems, gum infections, and amputation.