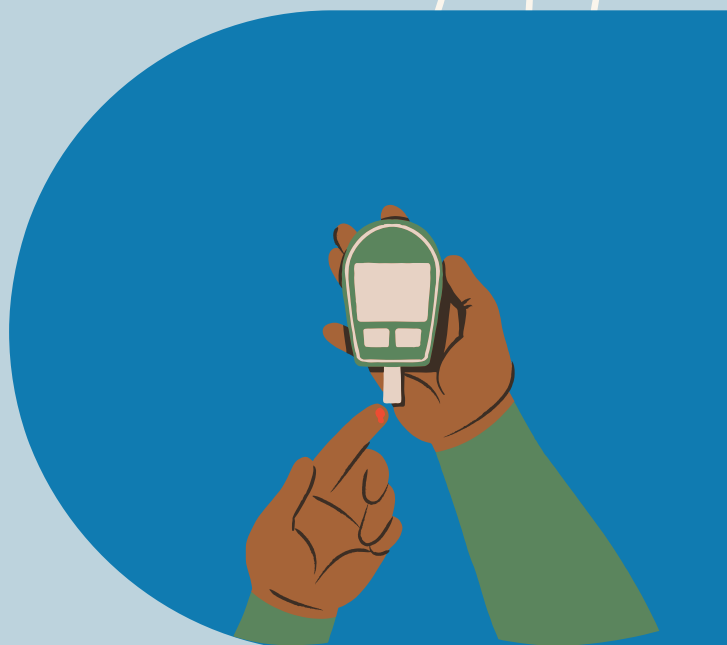


WHAT IS *Type 2 Diabetes?*

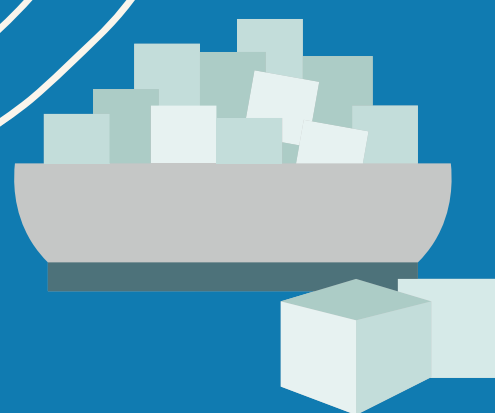
Type 2 diabetes in the body

Type 2 diabetes is usually characterized by insulin resistance: the body does not correctly respond to insulin. This causes blood sugar levels to rise and even more insulin is needed. The pancreas gets exhausted and starts producing less insulin, so sugar levels rise even more.



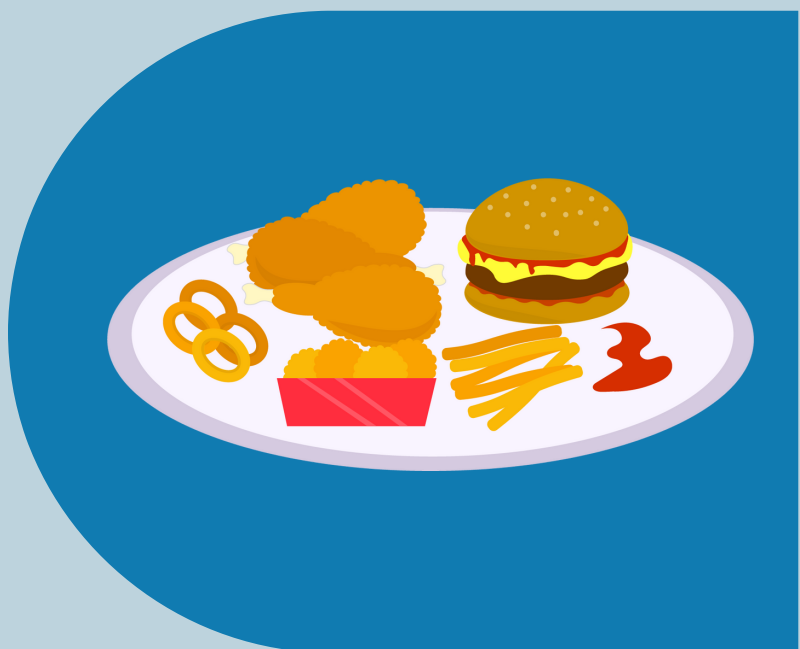
Type 2 diabetes

Type 2 diabetes is most commonly diagnosed in older adults, but these days it is also increasingly seen in younger people.



Risk factors for type 2 diabetes

Having type 2 diabetes in the family is a risk factor. An unhealthy diet, lack of exercise, high blood pressure, and excess bodyweight also increase your risk.



Type 2 diabetes and health

A healthy lifestyle decreases your risk of developing type 2 diabetes. This includes a healthy, varied diet, and regular exercise. Talk to your doctor for lifestyle advice and help.

