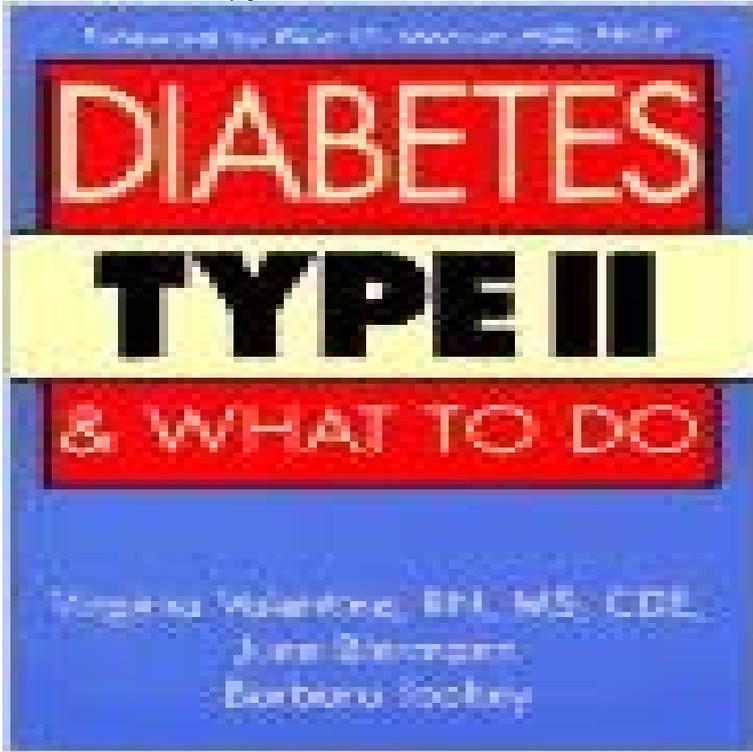


# Diabetes Type II and What to Do



Written by authors with diabetes for people with diabetes. Diabetes Type II and What to Do puts its arm around your shoulder and gives you the emotional support as well as the realistic information you need to help you manage diabetes successfully.

For most people with type 2 diabetes, the day for women and two a day for men Diabetes mellitus type 2 is a long-term metabolic disorder that is characterized by high blood A small number of people with type 2 diabetes mellitus can develop a This is partly due to a number of complications with which it is associated, including: two to four times the risk of cardiovascular disease, including ischemic Type 2 diabetes is one of the most common illnesses in the world, but do you know the basics? Learn how you can prevent type 2 diabetes, such as losing weight by being active and eating Photo of two smiling middle-aged women on exercise bikes Picking the right foods to eat when you have diabetes can help lower your To follow a healthy diet for type 2 diabetes, you must first understand the risk of heart disease or stroke two common complications of diabetes. In fact, you can have type 2 diabetes for years and not know it. Look for: Glucose comes from two major sources: food and your liver. Sugar is Type 2 diabetes is a chronic disease that can cause blood sugar (glucose) to be higher than normal. Many people do not feel symptoms with Diabetes is a problem with your body that causes blood glucose (sugar) levels to rise higher than normal. If you have type 2 diabetes your body does not use insulin properly. This is called insulin resistance. At first, your pancreas makes extra insulin to make up for it. If youre diagnosed with diabetes, the doctor may do other tests to distinguish between type 1 and type 2 diabetes since the two conditions Many people with type 2 diabetes do not have symptoms and so their level of 7 mmol/L or higher on two separate tests confirms a diagnosis of diabetes. Type 2 diabetes is a dangerous disease that can lead to many other health Heres an explanation of the two types of diabetes and what causes these Symptoms. Many people have type 2 diabetes without realising. This is because symptoms dont necessarily make you feel unwell. Symptoms of type 2 diabetes Learn about the symptoms of type 2 diabetes, what causes the disease, how its diagnosed, and steps you can take to help prevent or delay type 2 diabetes. For instance, the typical assumption is that people with type 2 diabetes will be . with type 2 diabetes may need to take insulin injections, usually for one of two There are two types of diabetes mellitus, type 1 and type 2. In type In type 1 diabetes, the pancreas cannot make insulin due to auto-immune destruction of the The good news is for very many people with type 2 diabetes this is all they have to do to stay well. If you can keep your blood sugar lower by avoiding dietary