

# T2DM Condition Information

## Body Part

Pancreas and tissues

## Condition:

Type 2 Diabetes Mellitus

## Summary

Type 2 diabetes mellitus (T2DM) is a chronic condition caused by the body's decreased ability to regulate blood glucose levels. Type 2 diabetes is caused by insulin resistance in the tissues, which leads to the progressive deterioration of the pancreas due to overworking. This leads to increased blood glucose levels and if untreated, further health complications.

Type 2 diabetes is usually associated with lifestyle factors that are largely preventable, such as inactivity, overweight and obesity. Research suggests that up to 58% of type 2 diabetes cases can be prevented with a healthy diet and regular exercise.

## Symptoms:

Symptoms of type 2 diabetes commonly include:

- urinating more than usual
- increased thirst
- increased hunger
- headaches
- feeling tired and fatigued
- dizziness
- gradual weight gain
- blurred vision

If type 2 diabetes is not well managed it can lead to complications such as heart attack, stroke, blindness, foot ulcers and kidney failure.

## Treatment:

Type 2 diabetes can be very well managed with a combination of healthy eating and increased physical activity. If this conservative treatment does not maintain healthy blood glucose levels then a doctor may prescribe medication to help the body regulate its levels.

A team of health professionals including a doctor, diabetes educator, exercise physiologist and dietitian can all work together to help patients manage type 2 diabetes.

Exercise aids in the management of type 2 diabetes through:

- weight loss
- improving blood lipid profile (cholesterol levels)
- improving insulin sensitivity
- facilitating glucose uptake by the muscles
- lowering blood pressure
- increasing metabolism
- improving cardiovascular function

It is important to check in with a healthcare professional to develop a management plan to help you manage your type 2 diabetes.

## Prognosis:

Type 2 diabetes is a chronic condition, however, with the correct education and treatment from a doctor, dietitian, exercise physiologist and diabetes educator, type 2 diabetes can be well managed to allow you to live a long and fulfilling life. In many cases type 2 diabetes can be managed without medication through a healthy diet and increased physical activity.

## Further information:

For further information, please contact our friendly team at Gen Health.

Picture Link: <https://media.healthdirect.org.au/images/inline/original/type-2-diabetes-49a3ee.jpg>

# Type II Diabetes

