Type 2 Diabetes

Risk factors for type 2 diabetes

- **Being overweight**: BMI higher than 25
- **Age**: over 45 years of age
- **Family history**: mother, father, sister, or brother with type 2 diabetes
- **Family heritage**: African-American, Hispanic, Native American, or Asian
- **Health history**: gestational diabetes or polycystic ovarian disease in women

Complications caused by type 2 diabetes

- **High blood sugar**
- **Blood vessel damage + inflammation**
- **Plaque build up in arteries**

- **Stroke**
- **Heart Attack**
- **Eye damage**
- **Kidney damage**
- **Nerve damage**

Type 2 diabetes happens when

- The body is not able to use insulin well: called insulin resistance
- The body makes less insulin: called insulin deficiency
Treatment for type 2 diabetes includes

- Medicine
- Managing stress
- Healthy eating
- Physical activity