



Type 2 Diabetes



Questions for discussion: discuss with your partner or in groups and make notes

What is type 2 diabetes?

What populations are most affected by type 2 diabetes?

What are some complications associated with type 2 diabetes?

Key words for the articles on type1 diabetes:

amputation	fatigue	life expectancy	resistant
arteries	function	metabolic syndrome	retina
blurred	glucose	nephrons	retinopathy
cells	hyperglycemia	neuropathy	symptoms
condition	hypertension	numbness	therapy
destruction	infection	obesity	ulcers
diabetes	injections	overweight	
failure	insulin	pancreas	



Type 2 Diabetes: An Overview

Read the article below and as best you can discuss and explain the contents to your partner so that your partner will be able to answer the follow-up questions.

Type 2 diabetes is the most common of the two forms of diabetes, affecting 90% or greater of the people with diabetes. In type 2 diabetes the pancreas produces insulin but the cells of the body become resistant or the amount of insulin produced is not enough. Glucose builds up in the blood stream (hyperglycemia) and the cells of the body are unable to function properly.

Type 2 diabetes can affect anyone at any age but is more common in overweight populations, people with a family history of type 2 diabetes, the elderly, and people with metabolic syndrome (problems with hypertension and cholesterol issues.)

Some life-threatening problems that can occur with uncontrolled blood glucose levels.

- Retinopathy is caused by damage to the small blood vessels of the retina. These blood vessels begin to leak fluid into the retina, which leads to blurred vision.
- Kidney damage is caused by destruction of the small vessels in the nephrons allowing protein to flow into the urine. As this neuropathy continues, the function of the kidney declines and leads to kidney failure and end-stage kidney disease.
- Circulatory problems and nerve damage are caused by a hardening of the arteries. This causes loss of sensation, risk of ulcers, infection and can lead to amputation.

Questions about the article: *Type 2 Diabetes*

1. What is the problem with insulin in type 2 diabetes?
2. What populations are most likely to get type 2 diabetes?
3. What causes retinopathy in diabetes patients?
4. What causes kidney damage in diabetes patients?
5. What causes the circulatory problems in diabetes patients?



Type 2 Diabetes: Information for the Patient

Read the article below and as best you can discuss and explain the contents to your partner so that your partner will be able to answer the follow-up questions.

Type 2 diabetes is caused by a lack of insulin or the body doesn't recognize the insulin, called insulin-resistance. Insulin moves nutrients into the cells of the body. When insulin resistance occurs, the cells of the body starve and many problems occur. Uncontrolled blood sugar can lead to kidney failure, heart disease and even amputation.

Some common symptoms of uncontrolled blood sugar are frequent urination, increased thirst, dry mouth, vision problems, fatigue, and numbness in the hands and feet, among others.

Treatment of type 2 diabetes is usually managed with oral medication. If oral therapy fails, insulin replacement therapy may be necessary. This uses insulin injections. Constant monitoring of blood sugar levels several times per day is very important.

Exercise, weight loss and diet management can be very effective means of managing type 2 diabetes initially. Obesity is a major factor in causing type 2 diabetes. In type 2 diabetes, exercise and weight loss can make dramatic changes for the better.

The damages and problems in the body caused by diabetes can often go unnoticed until they are serious. Proper management of blood sugar levels can greatly improve quality of life and lengthen life expectancy.

Questions about the article: *Type 2 Diabetes*

1. What happens when insulin resistance occurs?
2. What are the symptoms of high blood sugar?
3. How is type 2 diabetes treated?
4. What are some ways to initially treat diabetes without medication?
5. How can diabetes patients improve their quality of life and life expectancy?