

What is Type 2 Diabetes?

Type 2 diabetes is a progressive condition in which the body becomes resistant to the normal effects of insulin and/or gradually loses the capacity to produce enough insulin in the pancreas.

Type 2 diabetes:

- Is diagnosed when the pancreas does not produce enough insulin (reduced insulin production) and/or the insulin does not work effectively and/or the cells of the body do not respond to insulin effectively (known as insulin resistance).
- Represents 85–90 percent of all cases of diabetes.
- Usually develops in adults but is increasingly occurring in younger age groups including children, adolescents and young adults
- Is more likely in people with a family history of type 2 diabetes or from particular ethnic background.
- Is managed with a combination of regular physical activity, healthy eating and weight reduction. As type 2 diabetes is often progressive, most people will need oral medications and/or insulin injections in addition to lifestyle changes over time

Information for patients, families and carers

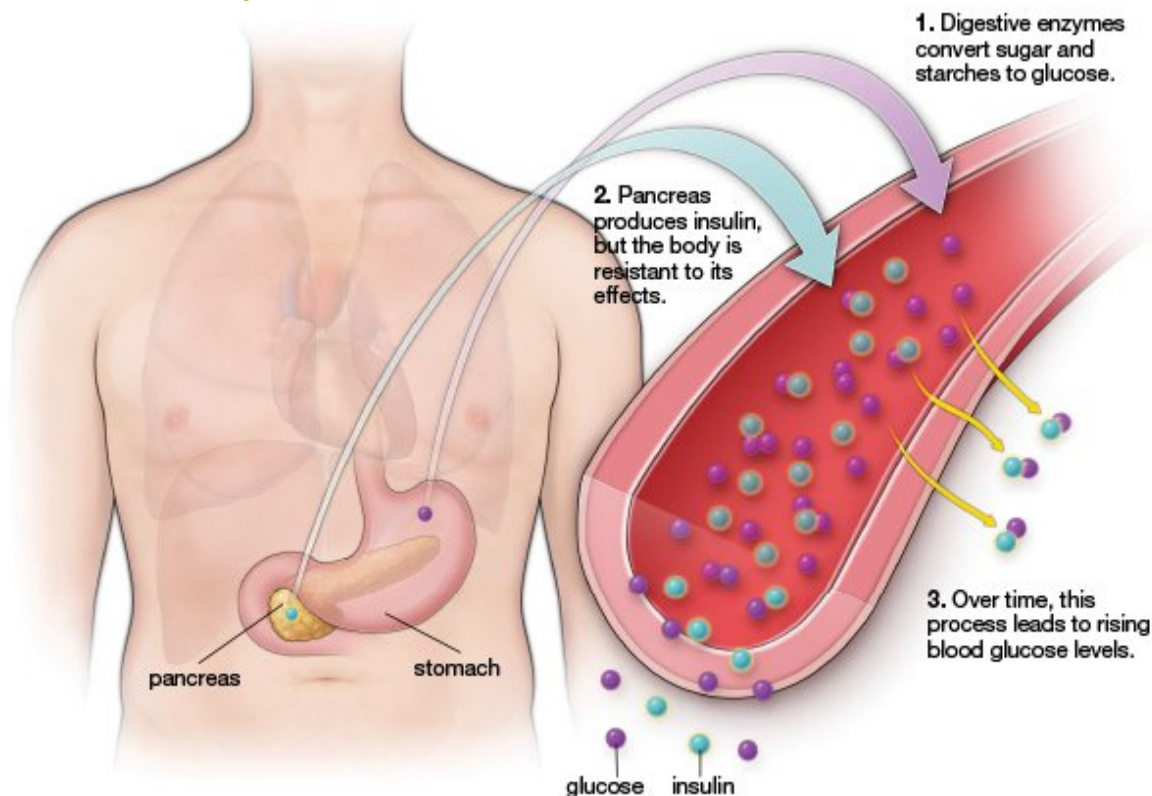


Figure 1

Type 2 Diabetes and Management

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| Food | Healthy food choices are important for everyone even more so after being diagnosed with diabetes. Regular meals and avoiding foods high in sugar is the ideal approach. |
| Exercise | Daily activity is beneficial for everyone. Adults and children alike are recommended to participate in 30- 60 minutes of physical activity per day. Exercise has both positive benefits on the body (reduces blood glucose levels) and mind (psychological benefits). |
| Monitoring and Screening | Regular reviews with the diabetes team and glucose monitoring are an important part of making sure lifestyle changes are effective. |
| Tablets | Sometimes tablets are prescribed to optimise diabetes management in addition to healthy food and exercise choices. |
| Insulin | Sometimes insulin injections are needed in addition to tablets and lifestyle changes. Insulin might be needed at diagnosis or later in life. |
| Education and Support | Diabetes is a complex condition that is always changing. It is a lot for a child and family to deal with and requires family involvement and ongoing health care professional input. |

For more information regarding type 2 diabetes please visit the following links

- https://youtu.be/4SZGM_E5cLI
- <https://www.youtube.com/watch?v=JAjZv41iUJU>

For information



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