

Approximately 10% of Sri Lankan adults are having type 2 diabetes according to research studies.

What are the underlying causes for developing type 2 diabetes?

- ◆ Insulin not working properly in the tissues of the body. This is known as insulin resistance. (Due to this condition you will need a higher level of insulin hormone in your body to control the blood sugar)
- ◆ Reduction of the production of insulin, which is the hormone essential for controlling blood sugar in your body

Who are more prone to develop type 2 diabetes?



Individuals with a close family member with type 2 diabetes



Obese individuals



Women with a waist circumference (WC) more than 80cm and men with a WC more than 90cm



Individuals with pre-diabetes



Women with a history of diabetes during pregnancy (gestational diabetes)

What are the symptoms of type 2 diabetes?

Symptoms of type 2 diabetes develop slowly. Thus patients usually refer themselves to check blood sugar levels a long time after developing type 2 diabetes.

Main symptoms



Excessive thirst



Loss of body weight



Fatigue



Blurring of vision



Frequent infections including common cold and fungal infections



Increased urination

Diagnosis of diabetes

- ◆ Fasting blood sugar test (after a fast of 8 to 10 hours)
- ◆ HbA1C test
- ◆ A blood sugar test done 2 hours after ingesting glucose (OGTT)

Long term complications

- ◆ Stroke
- ◆ Heart attack
- ◆ Blocking of blood vessels in the legs (peripheral vascular disease)
- ◆ Kidney failure
- ◆ Problems with eyes and vision
- ◆ Peripheral nerve disease
- ◆ Leg wounds and amputations
- ◆ Sexual problems

What should you do to prevent and identify complications early?

- ◆ Good control of blood sugar with medical advice
- ◆ Healthy dietary habits and lifestyle
- ◆ Timely feet examination, eye examination and blood and urine testing according to medical advice

Treatment for type 2 diabetes

Healthy dietary habits

Increased physical exercise

Tablets for diabetes control
(oral hypoglycemic drugs)

Insulin



Some diabetes tablets and insulin may lower blood sugar levels below the normal limits. This is known as hypoglycemia.

Type 2 Diabetes

