

# TYPE 2 DIABETES MELLITUS



## WHAT IS TYPE 2 DIABETES?

In this article, we will explore the non-communicable, silent killer; Type 2 Diabetes, which was formerly known as non-insulin-dependent, or adult-onset diabetes. This condition is quite common and results from the body's inability to properly utilize insulin (a hormone made in the pancreas that facilitates the use of glucose for energy), causing a build-up of glucose in the blood. Studies show that the majority of persons diagnosed with diabetes have type 2 diabetes (WHO,2020).

## CAUSES

Type 2 diabetes is caused either by the body becoming resistant to insulin or by impaired insulin secretion from the pancreas. Factors such as obesity, inactivity, race, family history, nutritional habits, hypertension, and gender also play a key role in the development of type 2 diabetes (Mayo clinic, 2020).

## SIGNS & SYMPTOMS

With all conditions, there are signals suggesting something is just not quite right. In type 2 diabetes, there are three main signals of the occurring disease process. Firstly, polyuria, which is frequent urination occurring as a result of certain substances being present in the kidneys. An individual may experience increased thirst (polydipsia) for the same reason as polyuria. The third symptom is polyphagia; this is when a diabetic patient experiences increased hunger, which takes place due to the body's use of proteins and fats for energy instead of insulin. Other clinical manifestations of type 2 diabetes include fatigue, sudden vision changes, tingling or numbness in hands and feet, wounds that heal slowly, and recurrent infections (Medical news net, 2020).

## DIAGNOSIS

Diagnosing the condition is usually done with a series of tests; two such tests are, the Random Blood Sugar Test; taken at any time, and the Fasting blood sugar test where a sample of blood is drawn after an overnight fast (Mayo Clinic, 2020).

## COMPLICATIONS

Persons diagnosed with diabetes must pay keen attention to properly controlling it, as complications can arise from having this disease. Kidney damage is one such complication which may result in the need for dialysis or a transplant. There may also be sight impairments; diabetes escalates the risk of developing cataract, or glaucoma, and even blindness (Mayo clinic, 2020).

## TREATMENT

Type 2 diabetes usually is treated with medications and insulin therapy; however, there are natural ways that can be employed to manage this condition. Exercising regularly helps to naturally control diabetes since it allows muscles to use blood sugar for energy; this helps to lower the levels in your body. Try to do activities that you appreciate. Losing and maintaining weight helps to lessen blood sugar levels as well. If 5 to 10 percent of body weight is lost, this will make an enormous impact on the lowering of blood sugar levels. Talk to your doctor before you begin any weight loss or exercise program. Another natural way to control type 2 diabetes is by eating healthily. Limit the intake of carbs, as they convert to sugar when digested. Consume more fruits and vegetables; they are high in fibre causing the slowing of carbohydrate digestion. Practicing portion control and regulating caloric intake can drastically reduce blood sugar levels. Other natural methods used in controlling type 2 diabetes are controlling stress levels; stress causes the release of blood sugar increasing hormones. Simply getting adequate rest aids in maintaining a good blood sugar level; lack of sleep increases the appetite and results in weight gain. Lastly, the monitoring of blood sugar levels is of utmost importance. This practice will help to determine how effective your management of the condition is (Healthline, 2020).

