

TYPE 2 DIABETES POCKETBOOK%0A

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[Living with Type 2 Diabetes | Diabetes Canada](#)

Type 2 diabetes is a disease in which your pancreas does not produce enough insulin, or your body does not properly use the insulin it makes. As a result, glucose (sugar) builds up in your blood instead of being used for energy. Your body gets glucose from foods like bread, potatoes, rice, pasta, milk and fruit.

[Type 2 diabetes - Canada.ca](#)

About nine out of ten people with diabetes have type 2 diabetes. The good news is that type 2 diabetes can be prevented or postponed by making healthy lifestyle choices. Diabetes is a lifelong condition where either your body does not produce enough insulin, or the body cannot use the insulin it

[Type 2 diabetes - Symptoms and causes - Mayo Clinic](#)

Type 2 diabetes, once known as adult-onset or noninsulin-dependent diabetes, is a chronic condition that affects the way your body metabolizes sugar (glucose), your body's important source of fuel. With type 2 diabetes, your body either resists the effects of insulin a hormone that regulates the movement of sugar into your cells or doesn't produce enough insulin to maintain a normal

[Types of Diabetes | Diabetes Canada](#)

Type 2 diabetes occurs when the body can't properly use the insulin that is released (called insulin insensitivity) or does not make enough insulin. As a result, sugar builds up in the blood instead of being used as energy. About 90 per cent of people with diabetes have type 2 diabetes. Type 2 diabetes more often develops in adults, but children can be affected.

[Diabetes Mellitus: Type 1 vs 2, Symptoms, Causes, & Treatments](#)

Type 2 diabetes is often a milder form of diabetes than type 1. Nevertheless, type 2 diabetes can still cause major health complications, particularly in the smallest blood vessels in the body.

[Diabetes: The differences between types 1 and 2](#)

There are fundamental differences between diabetes type 1 and type 2, including when they might occur, their causes, and how they affect someone's life. Find out here what distinguishes the

[Type 2 Diabetes Statistics and Facts - Healthline](#)

Type 2 Diabetes Statistics and Facts Medically reviewed by Peggy Pletcher, MS, RD, LD, CDE on February 27, 2017 Written by Adrienne Santos-Loughurst Type 2 diabetes is the most common form of

[Is Type 2 Diabetes Reversible? - Healthline](#)

Type 2 diabetes is a serious, long-term medical condition.

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It develops mostly in adults but is becoming more common in children as obesity rates rise across all age groups. Several factors

[Type 2 Diabetes Symptoms, Diet, Causes, Medications & Cure](#)

Type 2 diabetes is a chronic condition that may be reversible with diet and lifestyle changes. Symptoms include excessive thirst, frequent urination, weight loss, fatigue, and an odor to your urine. Most people don't know they have type 2 diabetes until they have a routine blood test. Treatment options include medications, a type 2 diabetes

[Diabetes mellitus type 2 - Wikipedia](#)

Diabetes mellitus type 2 (also known as type 2 diabetes) is a long-term metabolic disorder that is characterized by high blood sugar, insulin resistance, and relative lack of insulin.[6] Common symptoms include increased thirst, frequent urination, and unexplained weight loss.

[Nutrition Recommendations and Interventions for Diabetes ...](#)

NUTRITION RECOMMENDATIONS AND INTERVENTIONS FOR THE PREVENTION OF DIABETES (PRIMARY PREVENTION)

Recommendations. Among individuals at high risk for developing type 2 diabetes, structured programs that emphasize lifestyle changes that include moderate weight loss (7% body weight) and regular physical activity (150 min/week), with dietary

[Type 2 Diabetes - Novo Nordisk Canada](#)

Type 2 diabetes is a term for several disorders with different causes and degrees of severity. It is the most common type of diabetes and is more common than type 1 diabetes. It is the most common type of diabetes and is more common than type 1 diabetes.

[Type 2 diabetes - NHS](#)

Type 2 diabetes is a common condition that causes the level of sugar (glucose) in the blood to become too high. It can cause symptoms like excessive thirst, needing to pee a lot and tiredness. It can also increase your risk of getting serious problems with your eyes, heart and nerves.

[What is Diabetes? | NIDDK](#)

Type 1, type 2, and gestational diabetes are the main types of diabetes. Learn about these types of diabetes and who is most likely to develop each one.

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