

# TYPE 2 DIABETES

- Type 2 diabetes is a hormonal disease that affects the body's metabolism of food. The amount of blood sugar level is controlled by a hormone known as insulin and when it is not produced in a sufficient amount it leads to diabetes and cells become insulin resistant. This causes too much sugar to build up in the blood.
- It is mostly seen in middle-aged or older and it is called adult-onset diabetes. But in recent years it is also seen in kids and teens, mainly because of childhood obesity.



## INDICATIONS

The early symptoms of type 2 diabetes are:

- Constant hunger
- Lack of energy
- Fatigue
- Frequent urination
- Blurred vision
- Excessive thirst
- Numbness in your hands or feet
- Feeling weak

## CHRONIC COMPLICATION

Over the years, high level of glucose in the blood leads to critical life-threatening diseases such as **kidney diseases, eye diseases, diabetic neuropathy, cardiovascular diseases, diabetic foot, stroke, dental diseases,** and some more.

## How is diabetes type 2 DIAGNOSED?

Diabetes is diagnosed by periodically checking the glucose level in the blood by taking tests such as **Fasting blood sugar, Postprandial blood sugar, CBC, Electrolytes, Lipid profile, Urea, Creatinine, EGFR, Liver function test, HBsAg, Calcium, and Urine analysis.**

## Keep a track on your sugar level

It is important for people dealing with diabetes to keep track of sugar levels, the normal range of Fasting blood sugar is 70mg/dL to 100mg/dL and Random blood sugar level is 50mg/dL to 150mg/dL.



## DIETARY MANAGEMENT

People dealing with type 2 diabetes should pick a diet rich in nutrient-dense food. These foods provide vitamins, fibre, and minerals that are needed for a body. Consuming foods high in fibre helps in the management of blood sugar and keeps you full for a long duration of time.

Foods to include in diet:

1. **Vegetables:** non-starchy vegetables should be a part of the diet like broccoli, cauliflower, green leafy vegetables, cucumbers, and zucchini.
2. **Fruits:** contain high fibre, antioxidants, vitamins, and minerals so they are extremely nutritious such as oranges, berries, melons, and peaches.
3. **Legumes:** beans, lentils, chickpeas.
4. **Whole grains:** oats, brown rice, farro, quinoa.
5. **Heart-healthy fats:** olive oil, avocado, sesame oil.
6. **Protein-rich food:** skinless poultry, tofu, seafood, lean cut red meat.
7. **Seeds:** pumpkin seeds, flax seeds, hemp seeds.
8. **Beverages:** black coffee, unsweetened tea, vegetable juice, water.



Foods to avoid or to consume in limit:

1. Full-fat dairy like whole milk, cheese, butter.
2. Sweets like cookies, baked goods, ice cream, desserts
3. High-fat meat like beef, poultry skin, lamb, and fatty cut of pork.
4. Sweetened beverages such as soda, sports drinks, juice, and sweet tea.
5. Processed foods such as chips, popcorn, and maple syrup.

## TREATMENT

- Along with eating healthy, regular physical exercise is equally important.
- Diabetic medication or insulin therapy.
- Regular blood sugar monitoring is important.

