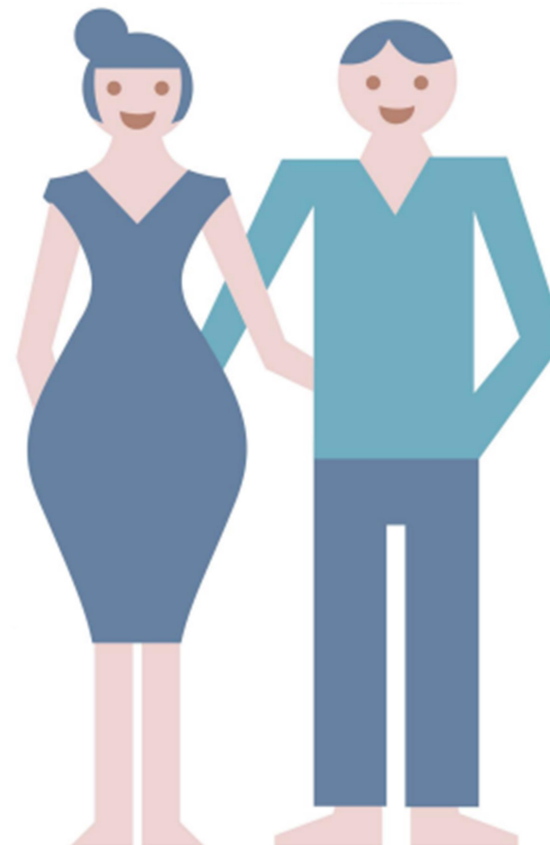


TYPE 2 DIABETES

IT IS VERY IMPORTANT:

- ➊ Regular lab tests;
- ➋ Blood pressure monitoring;
- ➌ Regular capilar glycemia monitoring according to the defined therapeutic objectives with multidisciplinary team.

Type 2 diabetes is a chronic disease that occurs usually at adulthood and is associated with overweight and sedentary life.



TYPE 2 DIABETES

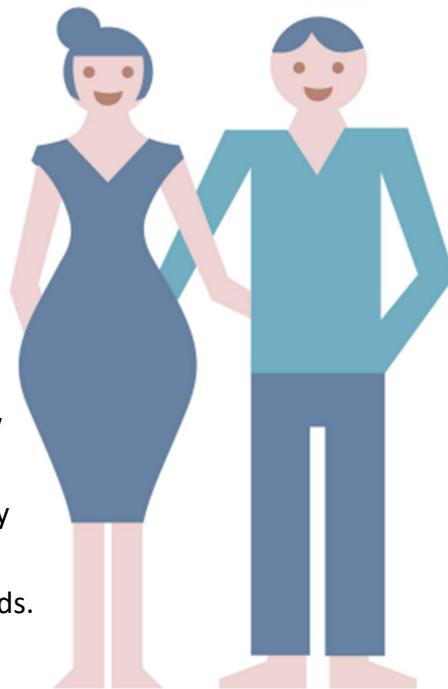
Diabetes mellitus is a chronic disease characterized by high glucose levels in the blood. The glucose level is called glycemia. Glucose is the body's main source of energy, coming from digestion and food transformation, such as carbohydrates. Insulin hormone allows the use of glucose as an energy source for body metabolism. Insulin is considered "the life hormone" and is produced at pancreas β cells. Its action is related with glucose, lipids and proteins' metabolism, the body's sources of energy.

Type 2 diabetes is characterized by insufficient insulin production or by the body inability to use insulin (insulin resistance).

WHO CAN DEVELOP TYPE 2 DIABETES

Anyone can develop type 2 diabetes, however, there are several risk factors:

- People with overweight;
- Women with gestational diabetes;
- Women with new born babies which weight is over 4kgs;
- Family history with type 2 diabetes;
- People with metabolic syndrome (this syndrome includes hypertension, high triglycerides, high LDL cholesterol and low HDL cholesterol);
- Older people present more susceptibility to develop the disease;
- Medication intake, such as corticosteroids.



SYMPTOMS

Type 2 diabetes symptoms can be so discrete that go unnoticed, contributing to a late diabetes diagnosis. This fact implies that, as the disease's appearance is usually so slow, at the moment of type 2 diabetes diagnosis, the person can be already developing the disease for months or even for several years.

The main symptoms of poorly compensated diabetes are:

- Thirst;
- Frequent urination;
- Tiredness;
- Severe pruritus, especially in the genital region;
- Sometimes weight loss can occur.
- When an early diagnosis does not happen the person can present symptoms related with diabetes late complications, for instance:
 - Sexual problems;
 - Hands and feet numb or tingling;
 - Decreased vision.

TREATMENT

The main objective of the diabetes treatment is to get a good metabolic control and to promote quality of life, avoiding or delaying diabetes late complications (such as ophthalmological, cardiac, foot and kidney problems).

As diabetes is a chronic disease, the treatment is continuous, along with the persons' life. To improve good diabetes compensation, people with type 2 diabetes should take care about:

- **Healthy Nutrition** – to control weight and blood glucose levels;
- **Regular Physical Activity** – contributes to decreasing insulin resistance, improves blood circulation, strengthens muscles and joints and contributes to weight reduction;
- **Medication** (tablet medicines or insulin therapy) – regular treatment with medication according to medical prescription contributes to maintain a good compensation.