

Type 2 Diabetes Fact Sheet

What is type 2 diabetes?

- * Reduced production of insulin or ineffective use of insulin
- * Is the most common form of diabetes accounting for 83% of those with diabetes in Australia.
- * Mostly occurs in people over 40 years
- * Becoming increasingly apparent in children and teenagers
- * Has a strong genetic (familial) propensity
- * Unmasked by lifestyle factors including obesity and lack of exercise

Symptoms of type 2 diabetes

- * Excessive thirst
- * Frequent urination
- * Extreme tiredness or feeling lethargic
- * Blurred vision
- * Mood swings
- * Wounds that take a long time to heal

Type 2 diabetes can be managed by

- * Regular blood sugar level testing
- * Healthy eating plan
- * Increase in exercise
- * Use of glucose lowering medication or insulin, or a combination of both.

With adequate management of type 2 diabetes the likelihood of complications developing is greatly reduced. We recommend you speak to your doctor and investigate all options to ensure you can control your diabetes.

Risk factors for developing type 2 diabetes

- * Family history of diabetes
- * Overweight or obesity
- * Impaired sugar regulation
- * Physical inactivity
- * Being over 40
- * Developing gestational diabetes while pregnant

Facts about diabetes in Australia

- * There are 1.5 million people living with diabetes in Australia, 280 develop it everyday
- * 83% of these had type 2 diabetes.
- * Is estimated that for every diagnosed case of diabetes there is one undiagnosed case.
- * 371 million people worldwide live with diabetes 2025

For more information on please contact Diabetes Research WA on 08 92241006 or visit www.diabetesresearchfoundation.asn.au