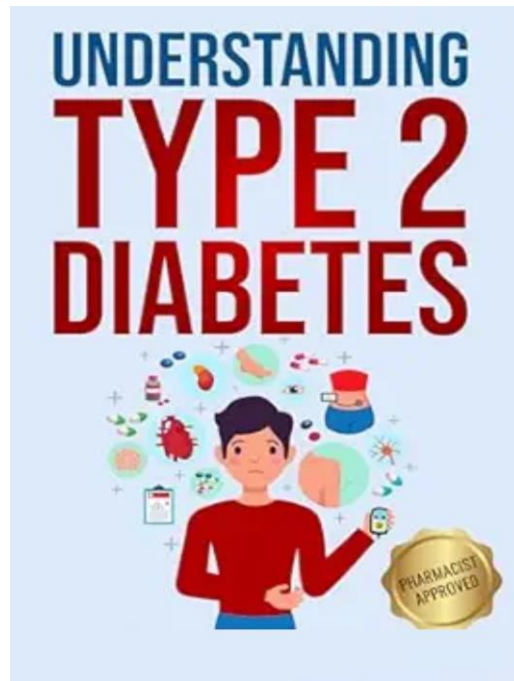




Type 2 diabetes is a long-lasting health condition where the body has trouble using a hormone called insulin, which helps move sugar from the blood into cells for energy.

What Is Type 2 Diabetes?

Type 2 diabetes happens when either the body does not make enough insulin, or the cells ignore the insulin, causing sugar to build up in the blood instead of moving into cells. This condition is called insulin resistance. Over time, high blood sugar can lead to serious health problems.

Common Symptoms

Type 2 diabetes symptoms often develop slowly and may include:

- Feeling tired more than usual.

- Increased thirst and peeing more often.
- Feeling hungry even after eating.
- Blurred vision and wounds that heal slowly.
- Itching and frequent infections.
- Unplanned weight loss.

Many people have mild or no symptoms at first and may find out only during a routine check-up.

Who Gets Type 2 Diabetes?

People are more likely to get type 2 diabetes if they:

- Are overweight or inactive.
- Are older, usually over 40 (or over 25 for people of South Asian, African, Chinese, or Caribbean backgrounds).
- Have family members with diabetes.
- Have high blood pressure or certain other health conditions.

Why Does It Happen?

Type 2 diabetes is influenced by both genetics and lifestyle. Unhealthy eating, not moving enough, extra body fat (especially around the belly), and certain family traits make it more likely.

In Simple Terms

Type 2 diabetes means the body cannot use sugar properly because of problems with insulin. Sugar stays high in the blood, which over years can cause health issues. Regular exercise, healthy eating, and, in some cases, medicine can help keep blood sugar in control.

If these symptoms seem familiar or there is a family history of diabetes, a check-up with a doctor can help spot it early and start treatment.

