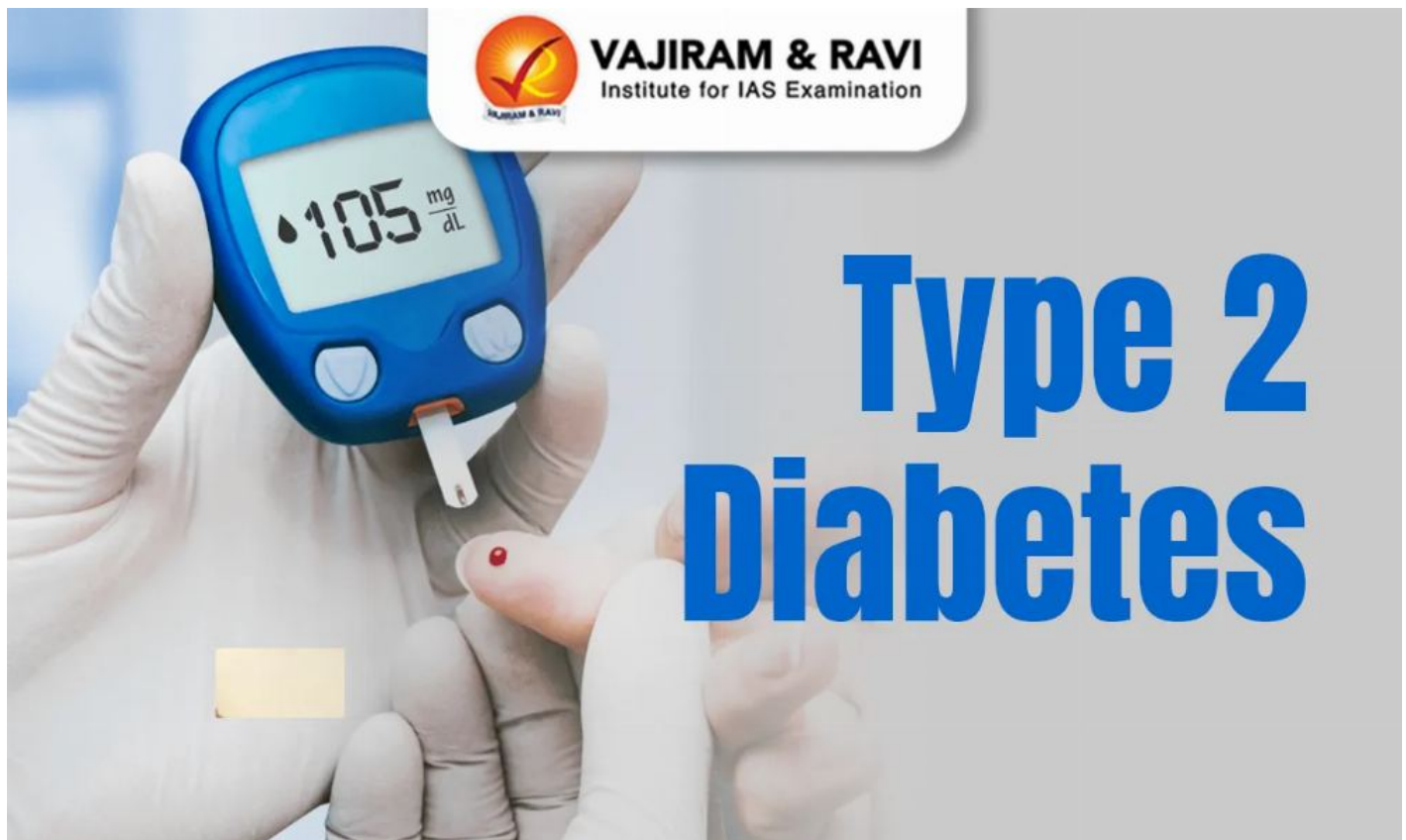


## Type 2 Diabetes (T2D)

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### Type 2 Diabetes Latest News

The CBSE has directed affiliated schools to establish “Sugar Boards” to monitor and reduce sugar consumption among students primarily to lower the risk of Type 2 diabetes and obesity in children.

### About Type 2 Diabetes

- T2D, the **most common type of diabetes**, is a disease that occurs when your **blood glucose**, also called **blood sugar**, is too high.
  - Blood **glucose** is your **main source of energy** and comes mainly from the food you eat.
  - **Insulin**, a hormone made by the pancreas, **helps glucose get into your cells to be used for energy**.
  - In T2D, your **body doesn't make enough insulin or doesn't use insulin well**.
  - **Too much glucose** then **stays in your blood**, and not enough reaches your cells.
- Type 2 diabetes may be **caused by a combination of factors**:
  - Being **overweight** or having **obesity**

- **Not being physically active**
- **Genetics** and family history
- **How common is T2D?**
  - Researchers estimate that T2D affects about **6.3% of the world's population**.
  - T2D most **commonly affects adults over 45**, but people younger than 45 can have it as well, including children.

## Type 2 Diabetes Symptoms

- **Many people** with type 2 diabetes have **no symptoms** at all.
- If you do have them, the symptoms **develop slowly over several years**.
- They might be so mild that you do not notice them.
- The **symptoms can include:**
  - Increased thirst and urination
  - Increased hunger
  - **Feeling tired**
  - **Blurred vision**
  - Numbness or tingling in the feet or hands
  - **Sores that do not heal**
  - Unexplained **weight loss**

## Type 2 Diabetes Treatment

- Treatment for T2D involves **managing your blood sugar levels**.
- Many people are able to do this by living a **healthy lifestyle**.
- Some people may also need to take **diabetes medicines**, which may include pills or medicines you inject under your skin, **such as insulin**.

## Type 2 Diabetes FAQs

**Q1.** What is the type 2 diabetes?

**Ans.** It is a disease that occurs when your blood glucose, also called blood sugar, is too high.

**Q2.** Which organ is responsible for producing insulin?

**Ans.** Pancreas

**Q3.** Is type 2 diabetes lifelong?

**Ans.** Type 2 diabetes is a lifelong (chronic) disease.

**Source:** FE