

Chapter 4

Type 2 Diabetes

(NON-INSULIN DEPENDENT DIABETES MELLITUS [NIDDM])



Type 2 diabetes is the most common type to occur in adults over age 40 years. It is also becoming more common in youth (particularly in overweight teenagers). It is quite common in Native-Americans. At least half of African-American and Hispanic youth with diabetes have type 2 diabetes.

CAUSE

Type 2 diabetes is partly **inherited (genetic)**. It is also linked with being overweight and not getting enough exercise. It is often called a “**disease of life-styles.**” Our ancestors were very active and ate less. We now live in a world of automobile travel, television, computers, video games, and high calorie fast foods.

SYMPTOMS

The symptoms can be the same as with type 1 diabetes (Chapter 2). They may be:

- frequent drinking of liquids
- frequent urination (going to the bathroom)
- infections

- sores that heal slowly
- no energy
- Many people don't have any symptoms. These people are sometimes diagnosed by a high blood sugar that is measured on a routine physical exam. Others are diagnosed when they have a high blood sugar level on a test called an Oral Glucose Tolerance Test.

TREATMENT: CHANGES IN LIFESTYLE ARE VERY IMPORTANT.

- Eating foods with fewer calories and carbohydrates as well as less fat is needed.
- Getting at least 30 minutes of exercise five to seven days a week is very important.
- Checking blood sugars (like people with type 1 diabetes) is helpful (Chapter 7). The blood sugar values can tell you how you are doing each day.

- If at diagnosis a person has ketones, insulin shots are usually needed. The shots are needed during times of illness.
 - Medications by mouth can be tried if the blood sugars and HbA_{1c} (Chapter 14) return to near normal. Often by losing weight and exercising, blood sugars will return to near normal.
 - These medicines taken by mouth ARE NOT insulin. When taken, these medicines cause the pancreas to make more insulin. They can also make the body more sensitive to its own insulin.
- This medicine is usually tried first.
 - Sometimes it can cause an upset stomach.
 - If a person becomes sick, this medicine must be stopped until they are well. It can cause a condition called lactic acidosis. Insulin shots may be needed during the illness. Call your doctor or nurse if you are not sure what to do.
 - There are other medicines taken by mouth that can be tried if metformin causes too much stomach upset or isn't working well.

One of these medicines is called metformin (Glucophage®).



Testing
for
ketones.