

Type 2 Diabetes

Type 2 Diabetes	
Causes	The main underlying cause of type 2 diabetes is still unknown, but there are risk factors that may contribute to developing this disease.
Risk factors	<ul style="list-style-type: none"> • Age: The risk of type 2 diabetes increases as you get older. • Weight: Being overweight is a main risk factor for type 2 diabetes. • Inactivity. • Family History: The risk of type 2 diabetes increases if your parent or sibling (or any first-degree relative) has type 2 diabetes. • High blood pressure, and high cholesterol. • Previous history of heart disease. • Previous history of gestational diabetes.
Treatment	<p>The aim of the treatment is to keep the patient's blood sugar levels in the normal range as much as possible and reduce the risk of complications.</p> <p>Prediabetes treatment:</p> <ul style="list-style-type: none"> • losing 7% of body weight. • Exercising 30 minutes a day, five days a week (150 minutes per week).

	<p>Type 2 diabetes treatment:</p> <ul style="list-style-type: none">• Leading a healthy lifestyle: Choose foods lower in fat and calories and higher in fiber. Aim for a minimum of 150 minutes of physical activity per week, and make sure to lose weight if it is above the normal range.• Taking medication.• Insulin injections.
Prevention	<ul style="list-style-type: none">• Healthy lifestyle choices can help prevent prediabetes, and therefore prevent type 2 diabetes.• Those with risk factors (especially those over the age of 45) should undergo regular checkups and diagnostic tests to detect the disease early and avoid complications.

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