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Media Fact Sheet

Type 2 Diabetes

- In 2011, diabetes was estimated to affect more than 365 million people aged 20-79 worldwide; Because of the aging population and the growing trend of obesity, the prevalence of diabetes is projected to reach more than 550 million by 2030¹
- The 2011 global healthcare expenditure to treat and prevent diabetes and its complications was estimated to total at least US\$465 billion (11% of total worldwide healthcare expenditure); it is expected to rise to more than US\$595 billion within 20 years¹
- Type 2 Diabetes accounts for approximately 90 – 95 % of all cases of diagnosed diabetes in adults¹
- Type 2 Diabetes is a chronic disease characterised by elevated glucose levels resulting from insulin resistance and dysfunction of beta cells in the pancreas. Over time, sustained hyperglycemia contributes to worsening insulin resistance and beta cell dysfunction. To date, treatments for Type 2 diabetes have focused primarily on insulin-dependent mechanisms
- Significant unmet needs still exist, as many patients remain inadequately controlled on their current glucose-lowering regimen
- Diabetes is a progressive disease often requiring different, and frequently multiple treatment options over time
- It is estimated globally that as many as 183 million people are unaware they have type 1 or type 2 diabetes¹
- Type 2 Diabetes is associated with long-term and devastating complications that affect almost every part of the body^{2,3,4}. The earlier the person is diagnosed and management begins, the better the potential to control the disease and improve outcomes¹

What is Type 2 Diabetes?

Type 2 Diabetes is a chronic disease characterised by elevated blood glucose. There are two metabolic defects present in Type 2 Diabetes:

1. Insulin resistance (whereby cells in the body 'ignore' the insulin)
2. Insulin deficiency (impaired insulin production by β -cells in the pancreas).⁵

Insulin is a hormone that signals cells to take up and store sugar, which is used as energy needed for daily life. People with diabetes consequently have abnormally high levels of blood glucose (hyperglycaemia) which, if left untreated, can cause serious damage to many of the body's systems.

Symptoms of Type 2 Diabetes

Symptoms of Type 2 Diabetes may include:

- Fatigue
- Frequent urination
- Increased thirst and hunger
- Weight loss
- Blurred vision
- Slow healing of wounds or sores

Some people with Type 2 Diabetes however, have very mild symptoms or may be asymptomatic (have no symptoms) for up to 4-7 years.⁶

Associated Factors for Development of Type 2 Diabetes³

- Obesity (around 90% of Type 2 Diabetes is attributable to excess weight⁷)
- Older age
- Family history (first-degree relatives of people with Type 2 Diabetes are about three times more likely to develop the disease⁸)
- Previous history of gestational diabetes (a condition that affects some pregnant women but usually goes away after pregnancy)
- A sedentary lifestyle
- Certain ethnicities
- Having low HDL-C ('good') cholesterol levels and high triglyceride levels
- Hypertension (high blood pressure)

References

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