

Hormone Disorders

# Type 2 Diabetes and Obesity

Patient's Guide



Easy readability

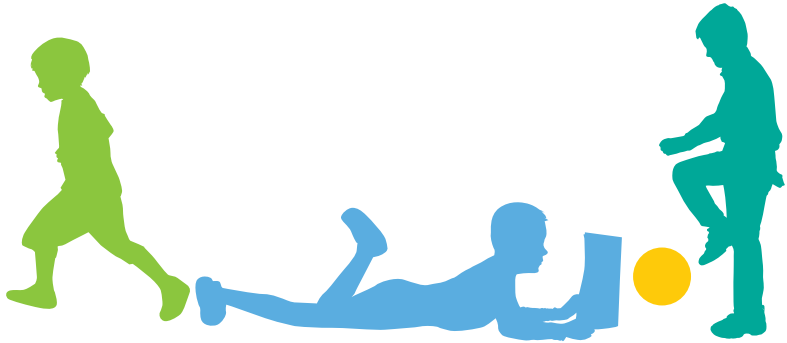


# Hello!

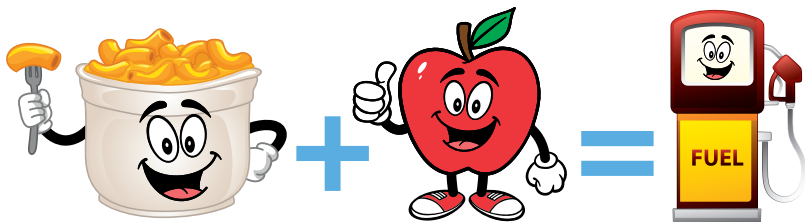
Today we'll tell you about **Type 2 Diabetes**. You may think that it sounds a bit difficult, but do not worry! We'll tell you what it means, why it happens and how doctors treat it.

Let's start by talking a little about your body...

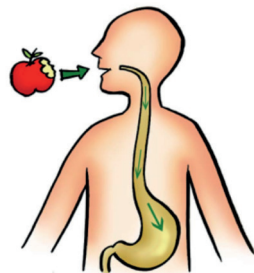
To run, play and study you need a special kind of fuel.



This fuel comes from all the different types of food you eat, from pasta to apples.



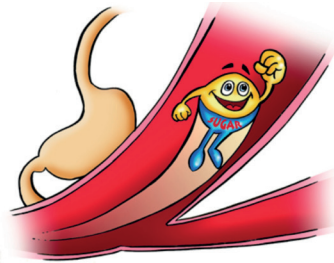
When you eat, food travels down into your stomach.





In your stomach the food you've eaten is broken down into even smaller pieces, like fat and sugar. Sugar is the main fuel your body uses.

After sugar leaves your stomach, it goes into your blood. Sugar then travels around your body to feed all the parts, like your lungs, heart and muscles.



But, for sugar to enter all of these parts, it first needs a key.

The key sugar needs is called Insulin. Insulin helps you by unlocking all the doors, so sugar can enter and feed each part in your body.



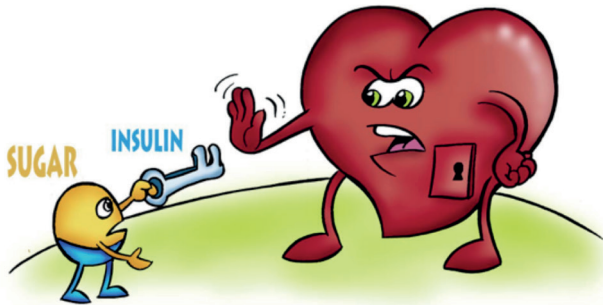


## What is Type 2 diabetes?

Usually, your body is very friendly to Insulin. It allows Insulin to open the doors to all its parts, so sugar can enter.

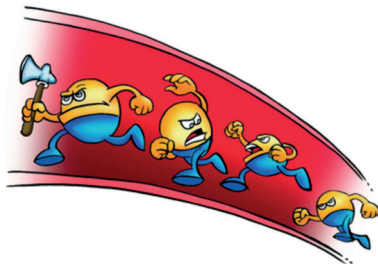
But when you have Type 2 diabetes, the locks on the doors to your body parts don't open as well, as if they are bit rusty. This means that sugar cannot go inside as easily as it used to. You need more insulin to overcome the 'rusty' locks to keep your sugar levels normal.

**Type 2 diabetes** is different from **Type 1 diabetes** where children don't make any insulin and need insulin injections."

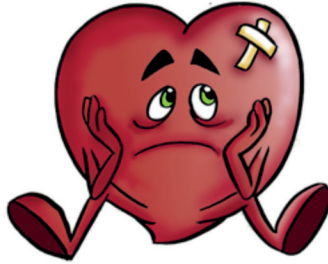


## Why is Type 2 diabetes dangerous to me?

When you have Type 2 diabetes, your body is not using sugar anymore. Soon, too much sugar will pile up in your blood.



Having too much sugar in your blood could hurt organs like the heart and kidneys.



## Why does Type 2 Diabetes happen?

Doctors are like detectives. They look for clues to solve the mystery of why children get Type 2 diabetes. Luckily, they have spotted the most important clues. These are weight and exercise.



Children who exercise and are not over-weight are more protected from getting Type 2 Diabetes.



## How can I avoid Type 2 diabetes?

The best way to avoid Type 2 diabetes is also the simplest. Eat healthy snacks and do a little bit of exercise everyday. We have some fun tips for you to follow:



- Instead of drinking loads of fizzy drinks, try drinking water instead.
- Try eating strawberries, apple slices or other fruits instead of crisps and biscuits.
- Can you think of any other healthy snacks?
- Try playing games outside or riding your bike instead of watching TV during the afternoon.
- Have you tried football or skipping?
- What about skateboarding or disco dancing?
- Can you think of any other fun sport to try?

## Congratulations!

Now you know about Type 2 diabetes, why it happens and how it's treated. If you have not understood some things in this leaflet, don't feel shy to ask your doctor or other friendly people in the hospital. They will happily explain these or any other questions you may have.



# Type 2 Diabetes and Obesity

(Revised November 2019)

This leaflet is part of the **Hormone Disorders Series**

The following are also available:

Growth Hormone Deficiency

Puberty and the Growth Hormone Deficient Child

Precocious Puberty

Emergency Information for Children with Cortisol and GH Deficiencies and those Experiencing Recurrent Hypoglycaemia

Congenital Adrenal Hyperplasia

Growth Hormone Deficiency in Young Adults

Constitutional Delay of Growth and Puberty

Multiple Pituitary Hormone Deficiency

Diabetes Insipidus

Craniopharyngioma

Intrauterine Growth Retardation or Small for Gestational Age

Hyperthyroidism

Hypothyroidism

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