

# What Are the Symptoms of Type 2 Diabetes?

## What is Type 2 diabetes?

In Type 2 diabetes, the body is able to produce insulin but cells in the body do not respond to the insulin. This is called insulin resistance. The body responds to this situation by making even more insulin. The over-production of insulin exhausts the insulin-manufacturing cells in the pancreas. The insulin that is available within the body may be abnormal and therefore does not work properly. Type 2 diabetes usually occurs in adults over 35 but may occur at any age, even in children. Type 2 diabetes occurs most often because it is a "lifestyle" disease caused by obesity, lack of exercise, increased age and, to some degree, genetic disposition.

## What are the symptoms of Type 2 diabetes?

Diabetes often goes undiagnosed because many of its symptoms seem so harmless. Recent studies indicate that the early detection of diabetes symptoms and treatment can decrease the chance of developing the complications of diabetes.

Some symptoms of diabetes include:

- Frequent urination (because the body is trying to get rid of excess glucose in the urine)
- Excessive thirst
- Extreme hunger
- Unusual weight loss
- Increased fatigue (because the glucose is "going to waste" and not being converted into energy)
- Irritability
- Blurry vision

If you have one or more of these symptoms, see your doctor right away.

Type 2 diabetes is usually not diagnosed until health complications have occurred. Most often, there are no diabetes symptoms, or a very gradual development of the above symptoms of Type 2 diabetes. In fact, about a third of all people who have Type 2 diabetes don't know they have it.

Other symptoms of Type 2 diabetes may include:

- Slow healing of sores and cuts
- Itching of the skin (usually around the vaginal or groin area)
- Frequent yeast infections
- Recent weight gain
- Velvety dark skin changes of the neck, armpit and groin, called acanthosis nigricans
- Numbness and tingling of hands and feet
- Decreased vision
- Impotency

**For more information on diabetes please visit:**

<http://www.diabetes.org/home.jsp>

<http://diabetes.webmd.com/default.htm>