

## DIABETES MELLITUS TYPE 2

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## Type 2 Diabetes Mellitus

Type 2 diabetes mellitus describes a condition of hyperglycemia that occurs despite the availability of insulin. It accounts for 90% to 95% of persons with diabetes.



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## Causes of DM Type 2

- Diabetes is caused by a problem in the way your body makes or uses insulin.
- If glucose does not get into the cells, there will be too much glucose in the blood

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## Symptoms of DM Type 2

- Polyuria: Excessive urination
- Polydipsia: Excessive thirst
- Polyphagia: Excessive hunger

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## Prevention

- Everyone over 45 should have blood glucose checked at least every 3 years.
- Maintain a healthy body weight and keep an active lifestyle.

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## Criteria for Diagnosis of DM

- Casual plasma glucose concentration greater than 200 mg/dL
- Fasting plasma glucose greater than or equal to 126 mg/dL
- 2-h post-load glucose greater than 200 mg/dL during oral glucose tolerance test (OGTT)

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## Treatment of DM Type 2

- Self testing
- Diet and weight control
- Regular physical activity
- Medication



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## Continuing Care

- Medical check up every 3 months with a diabetes care provider
- Glycosylated hemoglobin (HbA1c) check, the 3 months average of the blood glucose level
- Blood pressure check
- Foot and skin examination
- Ophthalmoscopy examination
- Neurological examination

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## Medications for DM Type 2

- Oral sulfonylureas
- Biguanides
- Alpha-glucosidase inhibitors
- Thiazolidinediones
- Meglitinides



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## Possible Complications

- Diabetic retinopathy (eye disease)
- Diabetic Coma
- Diabetic nephropathy (kidney disease)
- Diabetic neuropathy (nerve damage)
- Peripheral vascular disease (damage to blood vessels/circulation)
- High cholesterol, high blood pressure, arteriosclerosis, and coronary artery disease

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## Foot Care

People with diabetes are prone to foot problems. Diabetes can cause damage to nerves, which means you may not feel an injury to the foot until a large sore or infection develops. Diabetes can also damage blood vessels, which makes it harder for the body to fight infection.



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## More information...

[Medline Plus](#)

[Diabetes Spectrum](#)

[WebMD](#)

[emedicine](#)



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