

Type 2 Diabetes Mellitus



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What is T2 Diabetes Mellitus?



- Type 2 diabetes is a serious, lifelong condition where the insulin your pancreas makes can't work properly, or your pancreas can't make enough insulin (Diabetes UK).
- Type 2 diabetes is a common condition that causes the level of sugar (glucose) in the blood to become too high (NHS)
- So...Insulin helps the body regulate the level of glucose in the blood (MT)

Symptoms - What might I notice?



- Feeling thirsty a lot
- Passing more urine than usual
- Feeling more tired than usual
- Losing weight
- More minor infections than usual eg urine infections or skin infections.

How will it be diagnosed?



- Often given a clue by urine test.
- Usually by a non-fasting blood test – Hba1c
- Sometimes by fasting blood test – glucose level
- Occasionally by specialised blood test – Glucose Tolerance Test.

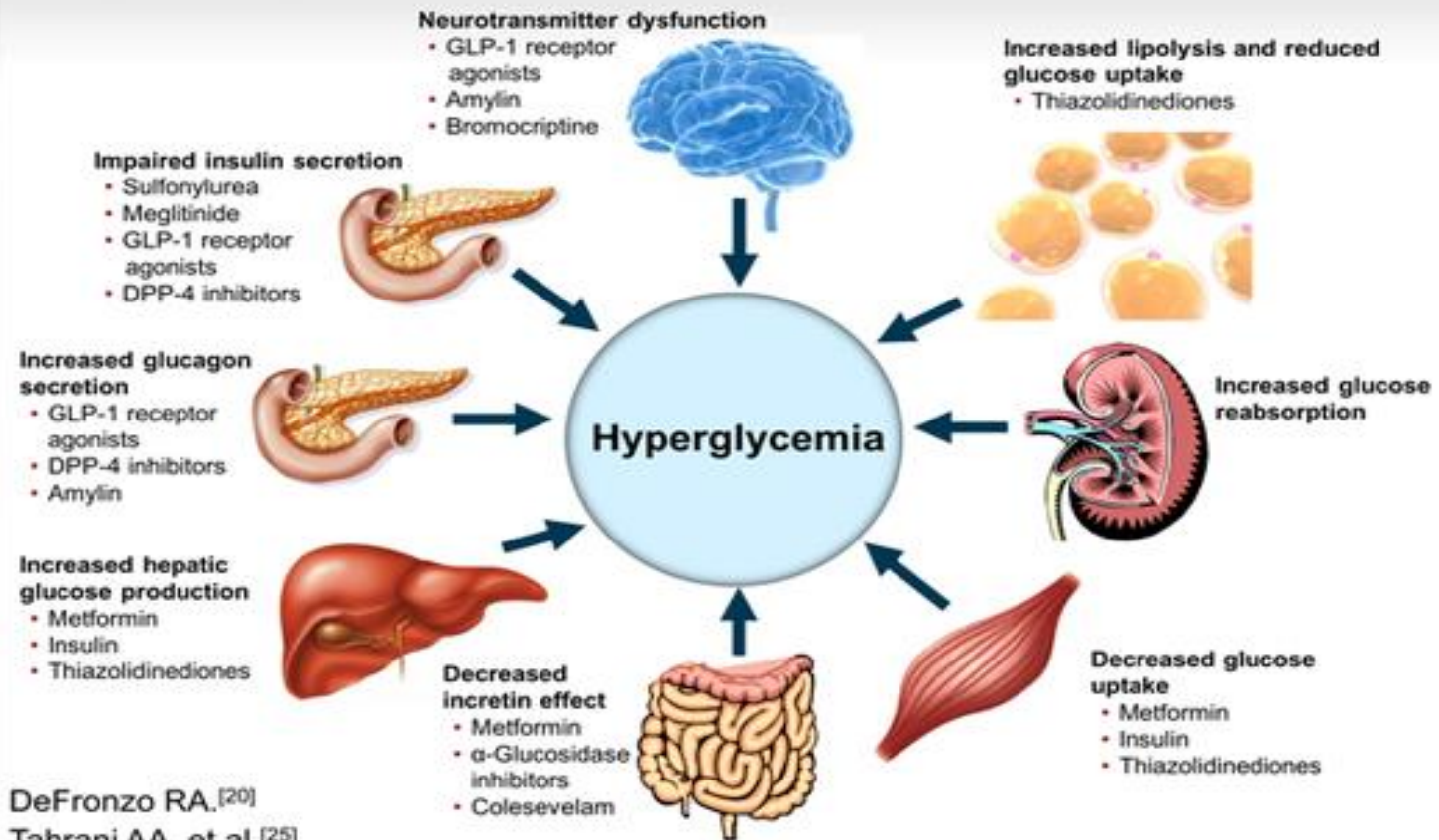
What is the treatment and can I be cured?



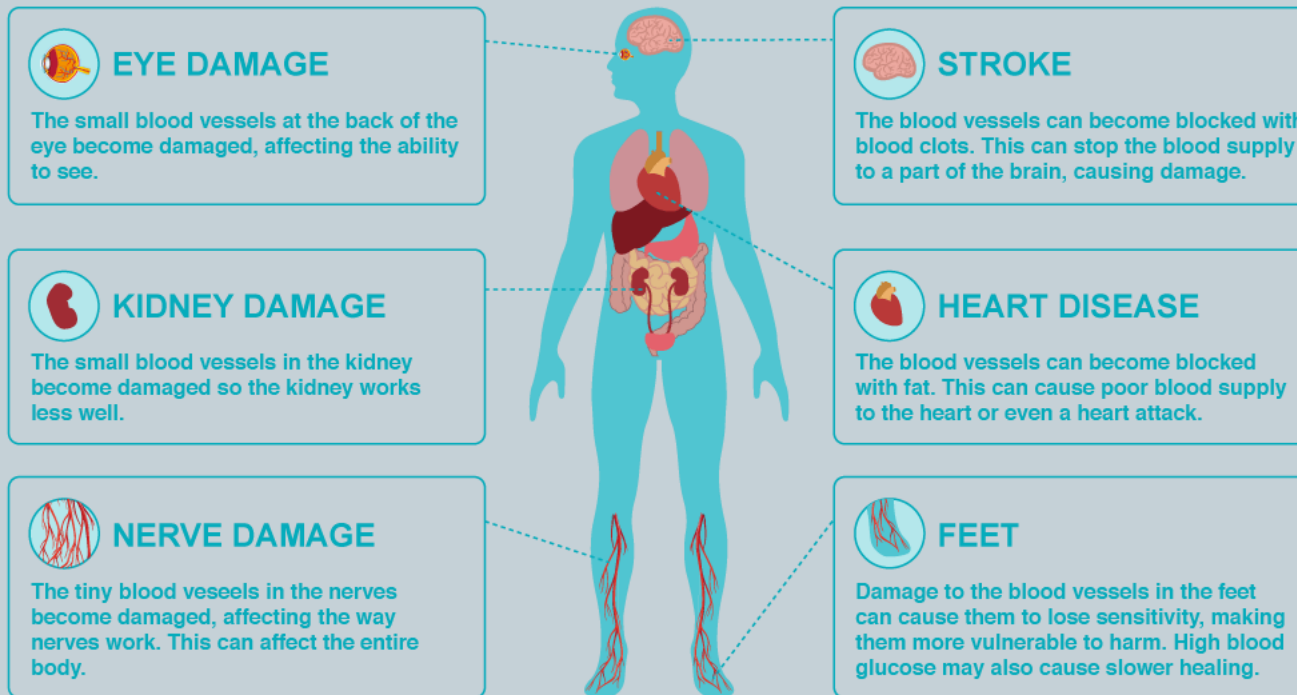
- No cure – but good control is the aim.
- First line – diet.
- Second line – drugs, usually by mouth (tablets).
Metformin always first.
- Second/third line – non-insulin injections.
- Third line - insulin

How do the drugs work?

Hyperglycemia in Type 2 Diabetes



What happens if we don't control T2DM?



Who's involved in your care?



What does your surgery offer?



- 1. All clinical staff are alert to symptoms and signs of T2DM.
- 2. Protocols exist to diagnose T2DM.
- 3. All patients are asked to chat with the nurse about their diagnosis, diet and exercise. This ensures/offers:
 - a. referral to DESMOND – education.
 - b. referral to podiatrist if appropriate.
 - c. referral to the Retinal screening service – photographing the back of the eye.
- 4. Protocols for appropriate treatment, following NICE guidelines.
- 5. Yearly review (Blood test + nurse appointment + GP appointment) with a written report/summary given to you afterwards.

Thank you!



ANY QUESTIONS?