

Type 2 Diabetes and Obesity

Series N.16



Patient's Guide

Easy Readability Leaflet

Type 2 Diabetes and Obesity - Series 16 (Revised August 2006)

This leaflet was produced by Fernando Vera MSc and Prof Gary Butler at the Institute of Health Sciences, University of Reading, Reading, UK (August, 2006).

All illustrations were created and produced by Fernando Vera MSc.

This leaflet is part of the Hormone Disorders Series. The following are also available:

- Series N 2.** Growth Hormone Deficiency
- Series N 3.** Puberty and the Growth Hormone Deficient Child.
- Series N 4.** Precocious Puberty
- Series N 5.** Emergency Information for Children with Cortisol and GH Deficiencies and those Experiencing Recurrent Hypoglycaemia.

- Series N 6.** Congenital Adrenal Hyperplasia
- Series N 7.** Growth Hormone Deficiency in Young Adults.
- Series N 10.** Constitutional delay of growth and puberty
- Series N 11.** Multiple Pituitary Hormone Deficiency
- Series N 12.** Diabetes Insipidus
- Series N 13.** Craniopharyngioma
- Series N 14.** Intrauterine Growth Retardation or Small Gestational Age
- Series N 15.a.** Hyperthyroidism
- Series N 15.b.** Hypothyroidism

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Hello !

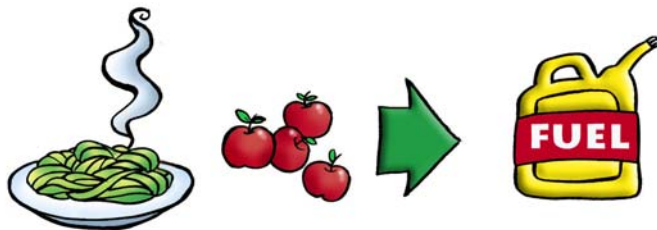
Today we'll tell you about **Type 2 Diabetes**. You may think that it sounds a bit difficult, but do not worry! We'll tell you what it means, why it happens and how doctors treat it.

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

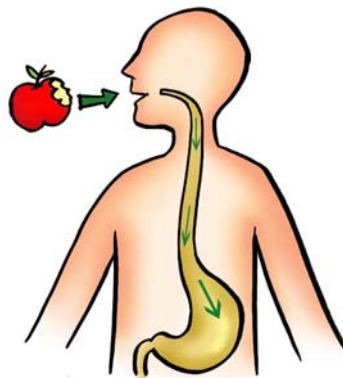
To run, play and study you need a special kind of fuel.



This fuel comes from the food you eat, like pasta and apples.



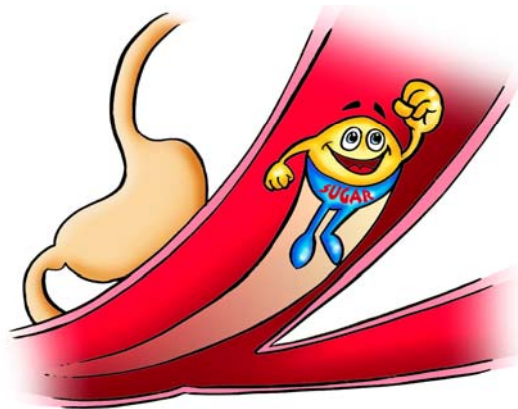
When you eat, food travels down a long slippery tube into your stomach.



In your stomach, food becomes mushy and it's changed to sugar. Sugar is the fuel your body uses to work.



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.



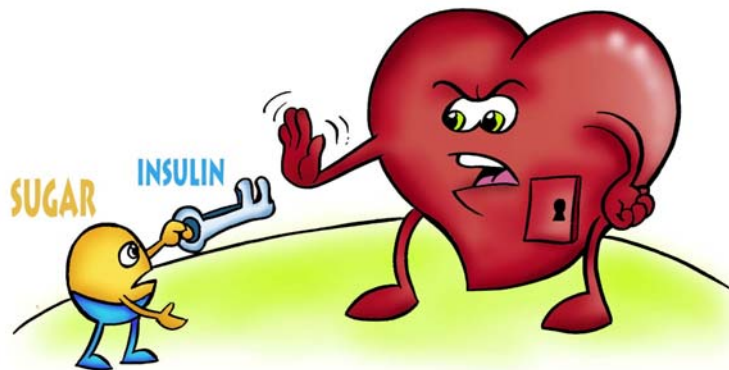
The key sugar needs is called **Insulin**. Insulin helps you by unlocking all the doors, so sugar can enter and feed each part in your body.



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.

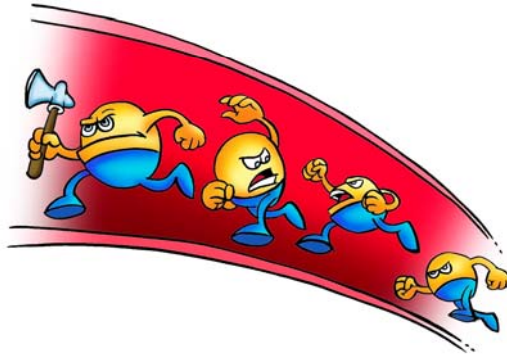
But when you have Type 2 diabetes, your body begins to ignore insulin by not opening the doors any more!



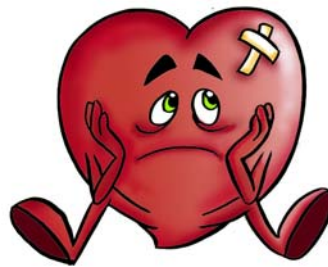
This means that sugar cannot go inside any longer. **Type 2 diabetes** is also known as “**Sugar Diabetes**”. This is different from **Type 1 diabetes**, where children need insulin injections, as their bodies don’t make insulin.

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 are over-weight and do not exercise may get later Type 2 diabetes. But, don't panic! Doctors have also found out how to avoid this.

How can I avoid Type 2 diabetes?

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

- Instead of drinking loads of fizzy drinks, try drinking fruit juice or water.



- Try eating strawberries, apple slices or other fruits instead of crisps and biscuits.
- Can you think of any other healthy snacks?
- Try playing outside games or riding your bike instead of watching TV during the afternoon.
- Have you tried running 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, its dangers and how to avoid it. 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 doubts you may have.

