

What is Type 2 diabetes?





**Diabetes is
an illness
caused by
too much
sugar in
your blood.**

Diabetes

Type 1 Type 2

Less

More



There are 2 main types of diabetes

- Type 1
- Type 2

Type 1



**Type 1
diabetes
usually
starts in
children
or young
adults.**

Type 2

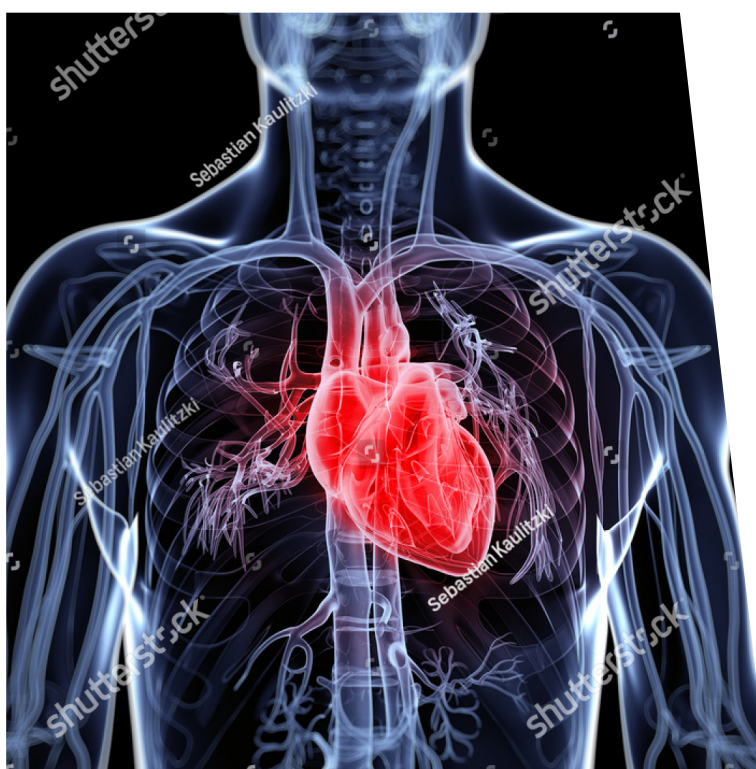


**Type 2
Diabetes
usually
happens
in adults.**





High sugar levels in the blood can make you feel thirsty and need to go to the toilet more often to pee.



**High sugar
can lead
to problems
with your
feet, heart,
kidneys
and eyes**



**Good News!
There are
lots of things
you can
do to lower
sugar levels
and stay
healthy.**