

Mayo Clinic Minute

Type 2 diabetes — What you need to know

Video	Audio
Vivien Williams	Type 2 diabetes is on the rise. The CDC says that, in the U.S., 29 million people have it.
Adrian Vella, M.D. Endocrinology Mayo Clinic	“The increased incidence of obesity is what has probably driven part of the increase in diabetes.”
	Mayo Clinic endocrinologist Dr. Adrian Vella says diabetes happens when your blood sugar is too high. It’s a leading cause of blindness and amputations, and it increases your risk of heart disease and kidney failure.
Adrian Vella, M.D.	“Dealing with high blood sugars early gives you a better chance of spending a longer time not requiring medications or other interventions to control your diabetes.”
Vivien Williams	Some people develop Type 2 diabetes even if they’re not overweight. But, for others, lifestyle choices, such as eating right, exercising and losing weight, can help prevent and even manage the chronic condition. But, unhealthy choices can be dangerous, especially if you have a predisposition for the disease.
Adrian Vella, M.D.	“Heredity loads the gun, while environment pulls the trigger.”
Vivien Williams	But you can control diabetes with proper treatment. For the Mayo Clinic News Network, I’m Vivien Williams