

## Mayo Clinic Minute

### Get the Facts on Type 2 Diabetes

#### Video Audio

<b>Vivien Williams</b>	Type 2 diabetes is on the rise.
<b>Adrian Vella, M.D. Endocrinology Mayo Clinic</b>	"The increased incidence of obesity is what has probably driven part of the increase in diabetes."
<b>Vivien Williams</b>	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.
<b>Adrian Vella, M.D.</b>	"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."
<b>Vivien Williams</b>	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.
<b>Adrian Vella, M.D.</b>	"One of my more famous colleagues actually said that heredity loads the gun, while environment pulls the trigger."
<b>Vivien Williams</b>	The good news is treatment with lifestyle changes, medication or even insulin can help control diabetes and prevent complications. For the Mayo Clinic News Network, I'm Vivien Williams