

Who is at high risk of type 2 diabetes?

- * Excess weight in the family, especially those whose weight is prominent around the abdomen.
- * Those with a family history of cardiovascular disease or high blood pressure.
- * People with high blood fats such as cholesterol, triglycerides.
- * Those who are overweight (the risk of developing diabetes in an overweight person is 20 times higher).
- * Hypertensive patients.
- * Those who gave birth to a baby weighing more than 4 kg in their previous pregnancies.
- * Women with a family history of polycystic ovary syndrome (increased hair growth and acne symptoms due to cyst formation in the ovaries)
- * Anyone who is overweight is at risk. An overweight person is 20 times more likely to develop diabetes.