

## **What are the causes of type 2 diabetes?**

First of all, there must be a genetic basis for type 2 diabetes to occur. When inactivity and obesity are added to this genetic background, type 2 diabetes occurs.

There are serious differences in the incidence of type 2 diabetes worldwide. Generally, type 2 diabetes is slightly less common in underdeveloped countries; Because people move a little more, and the possibility of finding food is a little more difficult.

If there is a genetic compatibility, that is, if there is a family history of problems such as diabetes, blood pressure, heart disease, that person is prone to developing type 2 diabetes. If this person stays in an inactive environment and eats rich in excess fats and carbohydrates, type 2 diabetes gradually begins to manifest itself.

Contrary to type 1, type 2 diabetes does not become evident abruptly. In the ages of 20s or 30s, it starts with reactive hypoglycemia findings such as sudden low blood sugar, intolerance to hunger, trembling in the hands when a little hungry, sweating, palpitations. This is a harbinger of the deterioration of insulin and sugar balance in the body. If the event progresses a little more, this time the postprandial blood sugars begin to rise. Fasting blood sugars rise.

A slightly longer period is required for type 2 diabetes to develop.