


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

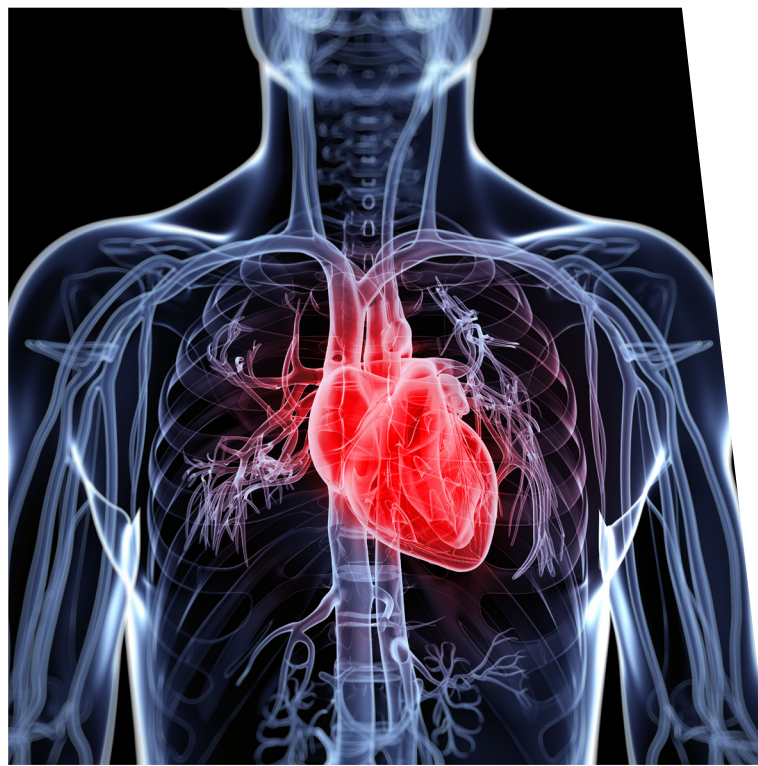


**Type 2
Diabetes
usually
happens
in adults.**





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.**