Causes of type 2 diabetes mellitus pdf

More than 30 million people in the United States have diabetes, according to the American Diabetes Association. Even more (60 million) have pre-diabetes, according to the Centers for Disease Control and Prevention (CDC). Diabetes is also the seventh leading cause of death in the United States. Despite all this, many are still making mistakes when it comes to managing diabetes. Type 2 diabetes is easy to mismanage, which is why it is important to understand its causes. This article will discuss the causes of type 2 diabetes and how they affect your body.

Diet and lifestyle are the main causes of type 2 diabetes. It is estimated that 85% of people with type 2 diabetes could have avoided the disease if they had made lifestyle changes. A healthy diet, regular exercise, and a healthy body weight can help prevent type 2 diabetes. This article will also discuss the importance of a healthy lifestyle in preventing type 2 diabetes.

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