



## HEALTH RECORD TYPE 2 DIABETES

Type 2 diabetes is the most common form of diabetes. It occurs when the body uses insulin less effectively (insulin resistance) and the pancreas is no longer able to produce enough insulin to maintain normal blood sugar levels.

### Symptoms

- ✓ Persistent fatigue
- ✓ Excessive thirst
- ✓ Frequent urination
- ✓ Blurred vision
- ✓ Severe hunger
- ✓ Slow wound healing
- ✓ Recurrent infections
- ✓ Tingling in the hands or feet

Some people have no symptoms for several years.

### Risk factors

- Overweight or abdominal obesity
- Sedentary lifestyle
- Unbalanced diet
- Family history
- High blood pressure
- Polycystic ovary syndrome (PCOS)
- Age over 45 (but it can occur earlier)

### Conventional treatments

Hygiene and dietary measures

- Regular physical activity

Antidiabetic medications

Insulin in certain situations

- Regular monitoring of blood glucose and complications

### Complementary approaches

Individualized nutrition, weight loss when indicated, appropriate physical activity, quality sleep and good stress management are essential pillars of overall care.

### When to consult a doctor?

In case of unusual thirst, frequent urination, persistent fatigue, family history, or if a blood test reveals high blood sugar.

### Bellis Wellness Clinic Approach

We offer personalized support aimed at optimizing diet, lifestyle and daily habits to promote better metabolic balance, always in addition to the monitoring provided by your attending physician or diabetologist.

