AN INTRODUCTION TO TYPE 2 DIABETES (T2D)

WHAT ARE THE MAIN CHARACTERISTICS OF T2D?

T2D is characterised by 3 factors.1-3

1. Persistent hyperglycaemia* 
   High blood glucose levels over a long time
2. Impaired β-cell function 
   Reduced ability of the pancreas to produce insulin
3. Insulin resistance 
   Secreted insulin is less effective at lowering blood glucose in the body

WHAT ARE THE CHALLENGES TO DIABETES MANAGEMENT?

Diabetes is a progressive condition with worsening β-cell function and insulin resistance over time.5 The modes of action of many current therapies are dependent on β-cell function and insulin resistance.

Although a range of treatments exist to reduce blood glucose, many people with T2D do not achieve glycaemic targets. Failure to achieve glycaemic targets may partly be due to side effects of medication such as:4

- Weight gain
- Diabetes-related complications in other organs of the body, like the eyes and heart, as well as co-morbidities* such as hypertension make the management of diabetes complex.

WHAT TREATMENT OPTIONS DO HEALTHCARE PROFESSIONALS NEED?

Considerations include:
- Good treatment efficacy
- Address complications in the eyes, kidneys and nerves
- No increased risk of hypoglycaemia*
- No weight gain
- Address frequent co-morbidities* such as hypertension and obesity
- Good tolerability

Additional needs from a patient perspective include:
- Treatment convenience
- Weight loss

*KEY WORDS:
- Co-morbidities – co-occurrence of one or more diseases or disorders in an individual.
- Gastrointestinal – relates to the stomach and the intestines.
- Hyperglycaemia – blood sugar levels above the normal range typically causing symptoms like frequent urination and increased thirst.
- Hypoglycaemia – blood sugar levels below the normal range typically causing symptoms like sweating, dizziness and trembling.
- Hypertension – high blood pressure.

References