

B: BLOOD SUGAR CONTROL - TYPE 2 DIABETES

-  **9** Insulin does not work so well if you have type 2 diabetes. When cells become insensitive to insulin, it is called insulin resistance.
-  **10** Insulin resistance means that more insulin is required to get sugar into cells. The pancreas reacts by releasing more insulin.
-  **11** This means that when type 2 diabetes starts, there are typically raised levels of sugar and insulin in the blood.
-  **12** Metformin is a drug that boosts the effect of insulin by increasing cellular sensitivity to insulin, thus helping to reduce blood sugar.
-  **13** As time passes, your own insulin production may decline so that there is not enough insulin to regulate the blood sugar.
-  **14** Drugs that help boost the amount of insulin in the blood are for example GLP-1 agonists, DPP4 inhibitors and insulin analogues.
-  **15** Exercise increases cellular absorption of sugar.
-  **16** Drinking alcohol can give a delayed drop in blood sugar since it reduces the ability of the liver to produce sugar a long time after taking alcohol. This can lead to hypoglycaemia if you are not aware.

