



Gene Splash



Edition
5
FACES OF TYPE 2
DIABETES

CLINICAL
IMPLICATIONS

What are the Chances of Type 2 Diabetes?

SCENARIO:

A man in his 50's develops Type 2 diabetes. His mother developed diabetes in her 60's. Should this man's brother and sister be concerned too? What about his children's chances of developing diabetes?

If you or a family member have Type 2 diabetes, you may wonder if you will pass it on to other family members. What the evidence shows is that many questions remain, however:

- In Type 2 diabetes, the pancreas produces too little insulin or the body is not able to properly use insulin the body does produce.
- For the average American, the chance of developing Type 2 diabetes is 1 in 9 (11%)!
- Many people often know of a relative with diabetes.



Randy Jackson



Mayor Tom Menino



Patti LaBelle

Know the Odds of Type 2 Diabetes:

Type 2 diabetes is a **multifactorial disorder**, influenced by genetic AND environmental factors

- Type 2 diabetes is most predominant in Hispanic and African Americans than Caucasians.
- Lifestyle interventions targeting healthy eating and exercise decrease the risk of progression from prediabetes to Type 2 diabetes by 60%!
- Families with multiple occurrences of Type 2 diabetes may share environmental risk factors, obesity and sedentary lifestyle.
- Decrease your risk by eating healthy and maintaining a healthy weight!
- If YOU have a sibling with Type 2 diabetes, your risk of developing the disease is about the same as the general population (11%).
- If YOU have Type 2 diabetes, the risk of your child getting diabetes is 14% if you were diagnosed before the age of 50, and 8% if you were diagnosed after age 50.
- If both of your parents have Type 2 diabetes, YOU have a 50% chance of developing diabetes.