

## About Type 2 diabetes

The progression to type 2 diabetes involves three phases. Initially there is an inefficient use of glucose (insulin resistance). Insulin resistance means that insulin has a decreased ability to act in tissues such as skeletal muscle, liver, and fat. Insulin resistance also forces the pancreas to work harder to produce more insulin to maintain glucose control. Eventually the pancreas becomes exhausted, is no longer able to produce sufficient insulin, and the body resorts to the use of fat as a fuel. The lack of available insulin contributes to even more insulin resistance. In spite of the already-high glucose levels, the liver continues to produce glucose until toxicity and cellular damage result.