

Type 2 diabetes affects how your body uses sugar (glucose) for energy. The best way to detect diabetes early is to get regular check-ups and blood tests with a healthcare provider. Factors that contribute to developing type 2 diabetes include being overweight, not getting enough exercise, and genetics. Early diagnosis is important to prevent the worst effects of type 2 diabetes. As a result, the disease may be diagnosed several years after onset, after complications have already arisen. More than 95% of people with diabetes have type 2 diabetes. Symptoms of type 2 diabetes can be mild.