

Type 2 diabetes treatment plans may need to be different for older adults

September 8 2021, by James Brown, Srikanth Bellary



Ageing can affect blood sugar control. Credit: Shutterstock

Around [6% of the world's population](#) suffer from type 2 diabetes.

People of any age can develop the condition, but the [number of older adults](#) with type 2 diabetes is [rapidly increasing worldwide](#). In fact, adults over the age of 65 now account for [almost half](#) of all adult cases.

There are many ways type 2 [diabetes](#) can be managed—including controlling weight through [diet and exercise](#), or taking a drug to manage [blood sugar levels](#). But many people may not realize that type 2 diabetes in older adults can be [more complicated to manage](#). This means people over 65 may need to be managed differently when it comes to type 2 diabetes.

There are a number of reasons why type 2 diabetes may be more difficult to manage in older adults. First, aging can [affect blood sugar control](#), as the body's organs (such as the [pancreas](#), which controls insulin and [blood](#) sugar levels) lose their ability to work as well as they used to.

On top of this, some research has shown that diabetes may cause people to [age faster](#). It's thought that this is due to high levels of sugar in the [blood stream](#) prematurely aging the body's cells. This premature aging could lead to diseases associated with age-related decline (such as arthritis or dementia) [happening sooner](#).

Frailty—a state of health that is associated with

Citation: Type 2 diabetes treatment plans may need to be different for older adults (2021, September 8) retrieved 22 December 2022 from <https://medicalxpress.com/news/2021-09-diabetes-treatment-older-adults.html>

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