Is Type 2 Diabetes Genetic?

If you are type 2diabetic, you've probably had a lot of questions. You've wondered how you developed the disease, and will your children get it (either the ones you have or the ones you are planning to). These are important questions that deserve the best answers possible. Let's see what the science says.

What causes type 2 diabetes?

According to the Center for Disease Control and Prevention (CDC), type 2 diabetes (characterized by abnormally high blood sugar levels) accounts for about 90- 95% of all diabetes cases in the United States. Just like type 1, most type 2 diabetic patients often have a close family member with the condition.

The two main factors causing type 2 diabetes are either you inherit a predisposition and then something in your environment (like your diet) fully triggers it.

Genetics and type 2 diabetes

Type 2 diabetes can be hereditary, but it doesn't mean if your mother or father has/ had diabetes you are guaranteed to have it. Instead, it simply means that you have a greater chance of developing type 2 diabetes. Research shows that one can inherit a risk for type 2 diabetes, but it is very hard to pinpoint which genes carry the risk.

If you have been diagnosed with diabetes and you have a family history of type 2 disease, it may be difficult to know whether your diabetes is caused by lifestyle factors or genetics, but most likely it's both. Nonetheless, don't lose heart because studies have revealed there is a likelihood of delaying or even preventing type 2 diabetes by exercising and losing weight.

Please review our business at: Google   Yelp   Facebook

If you'd like to learn more, please visit our **Member's Area** to access our subscribed content.

Did you know you can work out and exercise with a trainer at your home, office, hotel room, or pretty much anywhere in the world with online personal training?

Like us on Facebook/**Connect with us on LinkedIn**/**Follow us on Twitter**
Pinterest/**Instagram**/**YouTube**

Make sure to forward to friends and followers!