



Type 2 Diabetes

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Forward

In a review of published studies, it was found that being infected with hepatitis C is significantly associated with having insulin resistance and type 2 diabetes. Therefore, everyone with hepatitis C should have a diabetes test especially if people have additional risk factors.

In the general population, “The United States Preventive Services Task (USPSTF) recommends screening for abnormal blood glucose as part of cardiovascular risk assessment in adults aged 40 to 70 years who are overweight or obese. Clinicians should offer or refer patients with abnormal blood glucose to intensive behavioral counseling interventions to promote a healthful diet and physical activity.”

Insulin Resistance, Prediabetes and Type 2 Diabetes

Insulin is a hormone that the pancreas produces to help the body absorb and regulate sugars (glucose) for energy. When someone has insulin resistance, the body is ‘resistant’ to insulin. As a result, the body produces more insulin—this is called hyperinsulinemia. It also means that too much glucose is built up in the blood and it can lead to high sugar levels leading to prediabetes. If left unchecked it can lead to type 2 diabetes.

What is Prediabetes?

When blood glucose levels are higher than normal but not high enough for a diagnosis of diabetes it is known as prediabetes. There are an estimated

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The information in this fact sheet is designed to help you understand and manage HCV and is not intended as medical advice. All persons with HCV should consult a medical practitioner for diagnosis and treatment of HCV.

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84.1 million Americans with prediabetes. People with prediabetes are at increased risk for developing type 2 diabetes, heart disease and stroke.

Treating insulin resistance and prediabetes with medications, diet interventions, and exercise can help control and even reverse insulin resistance and prediabetes.

Type 2 Diabetes

Type 2 diabetes is one of the most common conditions in the United States—27 million Americans have type 2 diabetes.

Risk Factors

People who are more likely to develop type 2 diabetes include people 45 years old or older, being overweight or obese, having a parent, brother or sister with diabetes, or having a genetic disposition to develop diabetes. Some races and ethnicities such as African Americans, Hispanics, Alaskan Natives, Native Americans, Asian Americans, Native Hawaiians, and Pacific Islanders are more prone to having diabetes. As mentioned above having chronic hepatitis C is a risk factor for type 2 diabetes.

The liver plays a role in sugar metabolism, so it’s not surprising that there is a link between hepatitis C and type 2 diabetes.

Symptoms

The most common symptoms of diabetes include increased thirst and hunger/appetite, dry mouth, frequent urination (peeing), fatigue (feeling tired),

unexplained weight loss—even when eating more food. In extreme cases, people may experience loss of consciousness.

Complications

Over time, if type 2 diabetes is left untreated it can lead to severe complications including mental confusion, blurred vision, sores or wounds that are slow to heal or don’t heal at all, sexual problems, heart and kidney disease, blindness, peripheral neuropathy, amputation, liver cancer, coma and death.

Treatment

Type 2 diabetes can be treated and controlled with diet, exercise, and various type 2 diabetes medications. The medications are in both pill and injectable forms. It is important to medically monitor people on a regular basis. A person with type 2 diabetes can take control of diabetes by taking their prescribed medications, by eating healthy meals, exercising on a regular basis and monitoring their blood sugar levels.

HCV Treatment & Diabetes

People infected with hepatitis C and who have type 2 diabetes should be treated and cured of hepatitis C. Those who are cured of hepatitis C have an improvement in blood sugar levels and may have a reduction in diabetes medications.

There are some insurance companies and some state Medicaid programs that are restricting HCV treatment. Type 2 diabetes can increase the

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chances of being approved for HCV treatment. Talk with your medical provider and insurance company to increase the chances of being approved for treatment.

Type 2 diabetes, increases the risk of liver cancer. Likewise, HCV increases the risk of disease progression including liver cancer. Treating hepatitis C early decreases the risk of HCV disease progression, type 2 diabetes and the risk of liver cancer.

To find out more about diabetes go to www.diabetes.org

Related publications:**Extrahepatic Manifestations Glossary**

<http://hcvadvocate.org/resources/glossaries/extrahep-glossary/>

Fibromyalgia

http://hcvadvocate.org/hepatitis/factsheets_pdf/fibromyalgia.pdf

An Overview of Extrahepatic Manifestations

http://hcvadvocate.org/hepatitis/factsheets_pdf/Extrahepatic.pdf

For more information

- **Americans with Disabilities Act**
www.ada.gov
- **Centers for Disease Control and Prevention**
www.cdc.gov
- **Mayo Clinic**
www.mayoclinic.com
- **MedlinePlus**
www.nlm.nih.gov/medlineplus

GET TESTED
GET TREATED
GET CURED

Extrahepatic Manifestations of HCV