Diabetes causes damage to blood vessels – it can cause:

- Strokes
- Blindness
- Heart attacks
- Kidney failure
- Amputation

Diabetes also causes:
- Damage in an unborn child
- Sexual problems

**But the good news is blood sugar control can help prevent these problems!**

**What is type 2 diabetes?**
People with type 2 diabetes have too much sugar in their blood. This can cause serious health problems.

**Did you know?**
Most people do not know that they have type 2 diabetes.

**Your Doctor and Nurse can:**
- See you regularly for check-ups.
- Refer you to a dietitian and get advice on healthy eating.
- Give you instructions about your medication.
- Teach you how to monitor your blood glucose levels.
- Refer you to a diabetes education session.

**What you can do:**
- Eat 3 meals a day, starting with breakfast.
- Make half your plate colourful vegetables.
- Drink water instead of fizzy and sugary drinks.
- Have fruit instead of cake, biscuits and packet snacks.
- Keep takeaways to once a week or less.
- Eat less by eating smaller serving sizes.
- If you are overweight – try to lose some weight.
- If you drink alcohol, limit the amount you drink as it might affect your blood glucose levels and your weight.
- Keep active and exercise regularly – 30 minutes or more most days.
- Quit smoking – smoking makes your health problems worse. Call Quitline on 0800 778 778.

**My plan:** Changes I will make in the next 3 months

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