

# Type 2 diabetes

## What is type 2 diabetes?

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

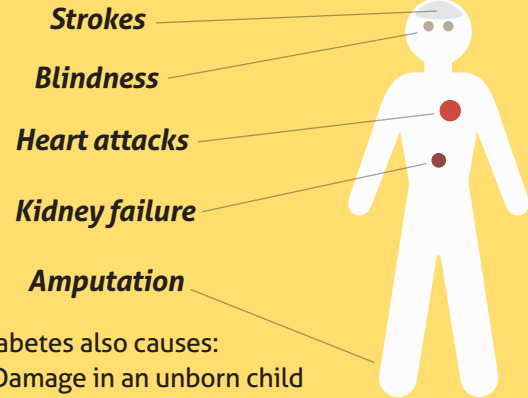
## Did you know?

Most people do not know that they have type 2 diabetes.



## Diabetes can lead to health problems

Diabetes causes damage to blood vessels – it can cause:



Diabetes also causes:

- Damage in an unborn child
- Sexual problems

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

## 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