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.



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.



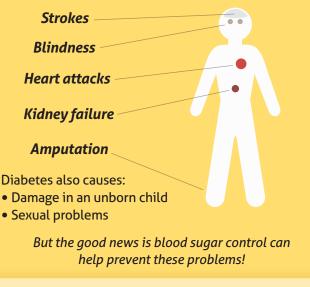


• Refer you to a diabetes education session.

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

Diabetes can lead to health problems

Diabetes causes damage to blood vessels – it can cause:



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.







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