

Are you at risk

What is diabetes?

There are two main types of diabetes; type 1 and type 2.

Type 1 diabetes

Is a condition in which no insulin is produced and insulin needs to be injected.

Type 2 diabetes

Is a condition in which the body is unable to control the glucose (a sugar) in your blood because the insulin isn't working properly and insulin production is not good.

Gestational diabetes

Occurs during pregnancy and goes away after pregnancy. However, women who have had gestational diabetes also have a greater risk of type 2 diabetes later in life.

This pamphlet is about type 2 diabetes.

The body needs a certain amount of glucose in the blood to keep it working but high levels can cause symptoms such as: increased thirst, increased tiredness, lack of energy and passing lots of urine, especially at night.

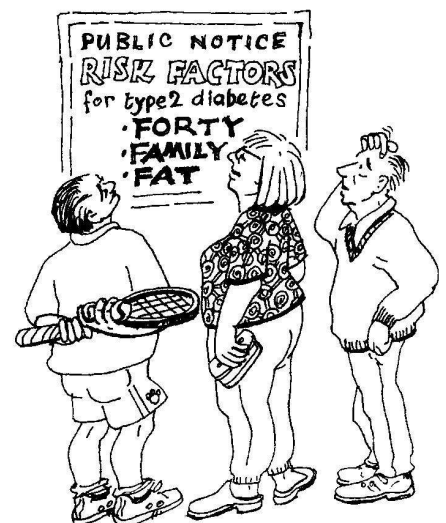
High blood glucose levels over the long term can cause permanent damage to heart, blood vessels, eyes and kidneys.

If you think there is a risk of diabetes then have a check up with your local doctor today.

What are the risks?

The major risks for developing type 2 diabetes are the 'F' words:

- > **Forty five (Age)**
As people get older their risks increase.
- > **Family (Heredity)**
Diabetes tends to run in families and certain groups of people such as Indigenous Australians, Indians, Polynesians and people of Southern European descent.
- > **Fat (Overwaist)**
The bigger your waist is, the harder it is to control the blood glucose level, so the higher the risk.



Are You?

	Yes	No
Over 45 years of age?	<input type="checkbox"/>	<input type="checkbox"/>
Closely related to someone who has type 2 diabetes?	<input type="checkbox"/>	<input type="checkbox"/>
Of Aboriginal, Polynesian, Indian or of Southern European descent?	<input type="checkbox"/>	<input type="checkbox"/>
Overwaist? Men over 94cm, women over 80cm or over weight check chart overleaf.	<input type="checkbox"/>	<input type="checkbox"/>
Being treated for high blood pressure?	<input type="checkbox"/>	<input type="checkbox"/>

For women

Did any of your children weigh more than 4.5kgs at birth?	<input type="checkbox"/>	<input type="checkbox"/>
Did you have gestational diabetes?	<input type="checkbox"/>	<input type="checkbox"/>

Do you have any of these symptoms?

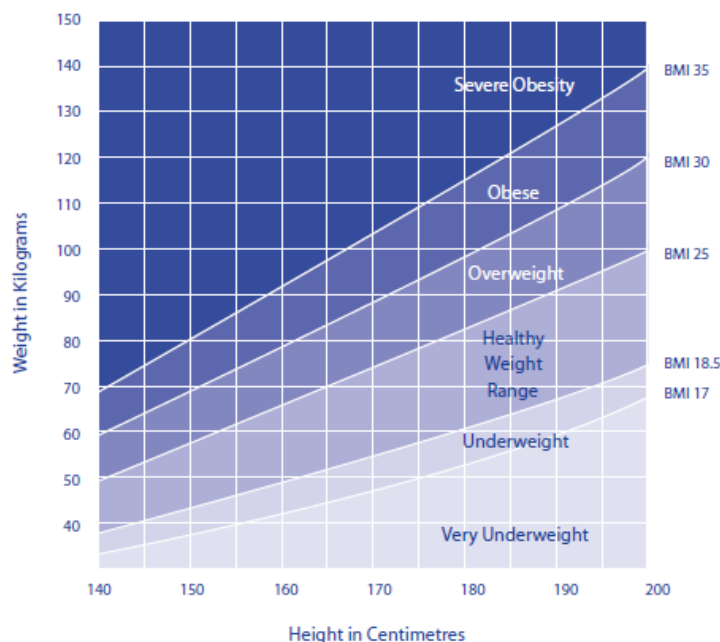
Increased thirst.	<input type="checkbox"/>	<input type="checkbox"/>
Increased tiredness and/or lack of energy.	<input type="checkbox"/>	<input type="checkbox"/>
Increased urination, especially at night time.	<input type="checkbox"/>	<input type="checkbox"/>
Unexplained weight loss with increased hunger.	<input type="checkbox"/>	<input type="checkbox"/>
Blurred vision.	<input type="checkbox"/>	<input type="checkbox"/>
Continual urine infections or thrush.	<input type="checkbox"/>	<input type="checkbox"/>

If you have answered yes to two or more of these questions check with your doctor and have a blood test.

Body Mass Index is your weight in proportion to your height

Find your height, find your weight, join the lines. This is your Body Mass Index. (See example). The ideal range is 18.5 – 24.9 BMI = weight (kg) ÷ Height (m)²

For men and women from 18 years onward



Example: Height 1.75m, Weight 84kg, Body Mass Index 27 or $84 \div 1.75^2$

What can you do to reduce the risks?

You cannot change your age or your family history but you can increase your activity and reduce your waist. Follow these golden rules for a healthy lifestyle.

Weight/Waist wise

Aim for a healthy weight and waistline. You can make your lifestyle more healthy, and help delay or prevent diabetes. Start today!

- > **Play well:** Play well and exercise daily. Do any type of activity you enjoy such as walking. Work towards 150 minutes of moderate activity a week.
- > **Eat well:** Eat moderate amounts at meal times (many people simply over eat) and limit high kilojoule/calorie foods.

Drink wise

If you drink alcohol – limit the amount to 2 standard drinks per day. Alcohol is energy dense and can increase your weight. If you are overweight consider limiting alcohol intake further.

Quit for life

Smoking increases blood pressure and damages blood vessels. Stop smoking.

For more information

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Government
of South Australia

SA Health