

What is Diabetes?

Diabetes develops when the body does not produce enough insulin or when it cannot effectively use the insulin produced. The body needs insulin to convert food into energy.

The three main types of diabetes are Type 1, Type 2 and Gestational diabetes.

How is Diabetes Managed?

It's a daily balancing act between:

- Healthy eating
- Physical activity
- Regular monitoring of blood glucose
- Professional medical advice for medication



Achieving a healthy balance requires a lifelong commitment for the person with diabetes – there are no days off.

Are You at Risk of Type 2 Diabetes?

- European descent and over 40 years?
- Maori / Pacific / Asian over 30 years?
- Diabetes in your family?
- Overweight?
- Have given birth to a large baby (9lbs/4kg or over)?
- Have had high blood glucose levels in pregnancy?
- High blood pressure?
- High cholesterol level?

If any two of these apply to you ask your health professional for a blood glucose test.



For more information about diabetes, visit
www.diabetes.org.nz



diabetes
new zealand

What Are the Symptoms of Diabetes?

You may have diabetes if you have any of these symptoms:

- Unusual tiredness
- Extreme thirst
- Passing urine frequently
- Blurred vision



- Cuts or sores that won't heal
- Regular urinary infections or thrush
- Unexplained weight loss

Diabetes can be present without any of these symptoms

I Don't Want to Get Type 2 Diabetes How Can I Reduce the Risk?



Change to a healthier lifestyle:

- Be physically active
- Make healthy food choices
- Achieve and maintain a healthy body weight
- Have regular health checks – your personal warrant of fitness

Make the Change Today

For more information about diabetes, visit
www.diabetes.org.nz



diabetes
new zealand