

## Take one step at a time

*Any improvement in your blood sugar levels and blood pressure is a move in the right direction*

### How can health problems be prevented with Type 2 diabetes?

- Control your blood sugar levels
- Control your blood pressure
- Attend appointments at your surgery
- Keep a healthy diet and weight
- Keep up regular activity

### Useful contacts

Your diabetes link nurse	.....
Wythenshawe Hospital	0161 998 7070
Withington Community Hospital	0161 434 5555
Diabetes Centre	0161 945 8302
NHS Direct	08 45 46 47
Diabetes UK Northwest	01925 653281
Diabetes UK Customer Services (membership line)	0845 123 2399
Diabetes UK Careline	0845 120 2960 Minicome 020 7424 1031
Diabetes UK website	<a href="http://www.diabetes.org.uk">www.diabetes.org.uk</a>
Driver & Vehicle Licensing Agency (DVLA)	08702 400009
Driver's Medical Group DVLA Swansea SA99 1TU	0870 600 0301 <a href="http://www.direct.gov.uk/motoring">www.direct.gov.uk/motoring</a>

# What is Type 2 diabetes?





## What is diabetes?

Diabetes Mellitus is a lifelong condition and there is currently NO cure for it. The level of sugar in the blood becomes too high, as the body can not use it properly. Blood sugar comes from sweet foods, sugary foods (such as cakes, puddings, biscuits and chocolate) and starchy food (such as bread, potatoes, pasta, rice and chapattis).

Food gives us energy to think, move and keep healthy. When we eat sugary or starchy food, it gets broken down into simple sugar (glucose) which the body uses for energy. Insulin helps this blood sugar get into every cell of the body.

## There are two main types of diabetes

### *Type 1 diabetes*

develops in those who do not produce insulin

### *Type 2 diabetes*

develops when the body isn't producing enough insulin or is not able to use its insulin properly.

## Why should you have good blood sugar control?

High sugar levels can damage small blood vessels and nerves in your body, particularly those in the eyes, kidneys, and feet, and can also affect your heart and sexual function.

## You have Type 2 diabetes

### What can you do?

Keep your blood sugar levels between 4-9 mmols/L. Keep your weight and blood pressure as near to normal as possible.

When Type 2 diabetes is first diagnosed, making changes to your diet may well be enough to achieve good blood sugar levels. However, over the years, it is very likely that you will need tablets and/or insulin to help lower your blood sugar levels. (Diabetes, is a bit like your eyesight; it tends to get worse with age. If you start wearing glasses, you may need a prescription for a stronger pair as you get older).

Losing weight has many benefits. Dietary changes and increasing activity levels will help you. Try walking briskly for 15 minutes a day, or regular gardening or swimming if you are up to it. Ask your practice nurse or GP for advice, but remember to start slowly and increase activity levels gradually.

You should be shown how to check your own blood sugar levels. Ask your practice nurse or GP.

You will be advised to attend a local group education session which will give you more advice about living with Type 2 diabetes.