

# Type 2 diabetes: a quick guide

## What is type 2 diabetes?

Type 2 diabetes is a condition where there is too much glucose (sugar) in your blood.

## How is type 2 diabetes diagnosed?

Type 2 diabetes is diagnosed with a blood test. Speak with your doctor if you have any symptoms or risk factors.

## What are the symptoms of type 2 diabetes?

The symptoms of type 2 diabetes can include:



Being thirsty and drinking more



Going to the toilet (to pass urine) more often



Feeling tired and low on energy



Sores or cuts that won't heal



Blurred vision



Itching and skin infections

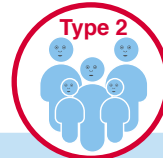


Pain or tingling in the legs or feet

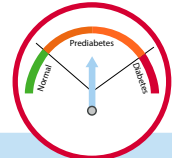
Some people may not have any symptoms at all.

## Who is at risk of type 2 diabetes?

Risk factors for type 2 diabetes include:



Family history



Pre-diabetes



Inactivity



Increasing age



Above a healthy weight



Polycystic ovary syndrome



Diabetes in pregnancy



Some antipsychotic or steroid medications

Some cultural groups are at a higher risk of getting type 2 diabetes. This includes people from Aboriginal and Torres Strait Islander backgrounds, as well as Southeast Asian, Indian, Middle Eastern, North African, Pacific Islander and Southern European backgrounds.

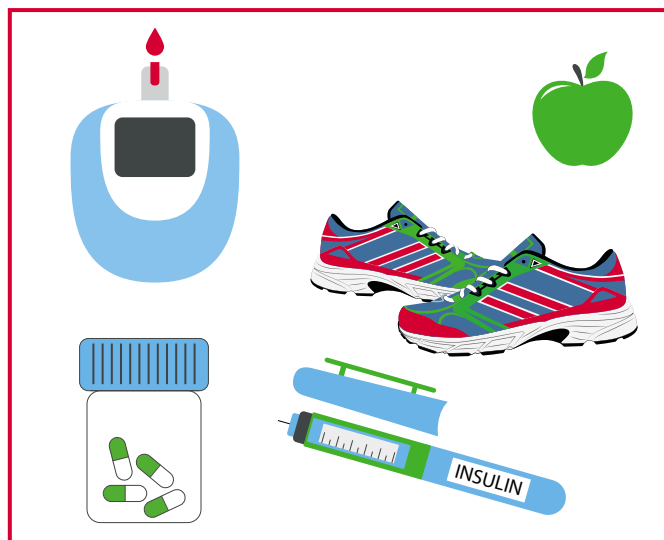
## How is type 2 diabetes managed?

Type 2 diabetes is managed with healthy eating and regular physical activity.

Over time, you may also need glucose-lowering medications (tablets or injectable medications).

As diabetes progresses, some people will need insulin injections to help keep their blood glucose levels in the target range.

These things are important for good health and reducing your risk of diabetes complications, such as a heart attack, damage to your eyes, kidneys, nerves, or feet.



## Who can help with your diabetes?

Managing diabetes is a team effort involving you, your family, friends and health professionals.

### Health professionals who can help you include:

- » general practitioner
- » practice nurse
- » credentialed diabetes educator
- » endocrinologist (diabetes specialist)
- » accredited practising dietitian
- » accredited exercise physiologist
- » registered podiatrist
- » dentist
- » optometrist/ophthalmologist
- » pharmacist
- » counsellor, social worker or psychologist

### Resources

If you would like more tips for managing diabetes, go to [ndss.com.au/resources](https://www.ndss.com.au/resources).

### The NDSS and you

A wide range of services and support is available through the NDSS to help you manage your diabetes. This includes information on diabetes management through the NDSS Helpline and website. The products, services and education programs available can help you stay on top of your diabetes.