

## DIABETES - Some Facts

Diabetes simply means having too much glucose (sugar) in your blood.

Knowing the symptoms and risk factors for Type 2 diabetes is important as non-diagnosis can seriously affect your quality of life.

Undiagnosed or poorly controlled diabetes can damage your heart, arteries, eyes, nerves and kidneys, leading to serious health problems for you and for your family to cope with.

Eating a healthy diet and taking part in regular physical activity can prevent or delay Type 2 diabetes (the most common form).

The number of people with diabetes in Ireland is growing rapidly.



Discover the difference by joining Diabetes Ireland today

**WE FIGHT FOR BETTER SERVICES FOR YOU**

**WE WANT WHAT'S BEST FOR YOU**

**WE EXIST TO SUPPORT YOU**



[www.diabetes.ie](http://www.diabetes.ie)

Diabetes helpline: **1850 909 909**

### Head Office

19 Northwood House  
Northwood Business Campus  
Santry  
Dublin 9  
Tel : 01-842 8118  
info@diabetes.ie

### Southern Office

32 Grande Parade  
Cork City  
Tel: 021-427 4229  
sro@diabetes.ie

### Western Office

1 Wine Street  
Sligo Town  
Tel: 071-914 6001  
wro@diabetes.ie

Registered Charity: CHY 6906 Diabetes Federation of Ireland (trading as 'Diabetes Ireland')

 **MSD** Dedicated to Diabetes  
Red Oak North, South County Business Park, Leopardstown, Dublin 18  
Supported by an educational grant from MSD

New Zinc Code here

# Type 2 Diabetes



Are you at risk?  
Do you know  
the symptoms?



## Risk Factors

**You are more at risk of getting Type 2 diabetes if you are ( tick the box if they apply to you )**

- Over 40 years of age
- Have a parent or brother/sister with diabetes
- Had diabetes during a pregnancy
- Are overweight for your height
- Do not take 30 minutes of physical activity daily
- Have high blood pressure
- Have high cholesterol

## And/or recognise any of these symptoms:

- Blurred vision
- Fatigue, lack of energy
- Extreme thirst
- Frequent trips to the bathroom (urination) especially at night
- Rapid and unexplained weight gain or loss
- Frequent infections
- Slow-healing sore or cut
- Numbness, pain or tingling in your hands or feet

## How to find out if you have diabetes

The more boxes you ticked, the more likely you are to have diabetes or pre-diabetes. Show this leaflet to your doctor and tell him/her why you think you might have diabetes. A simple blood test will ease any worries you may have.

It is recommended that every person aged 40 years or older should consider being tested for diabetes at a minimum every 3 years.

People at high risk should be tested annually.

## Diagnosed with Diabetes?

If you are diagnosed with diabetes, don't worry. Your doctor will help you to take steps to treat and control your condition. Early detection, effective treatment and good control will help you avoid the more serious health related problems of diabetes and allow you to maintain your quality of life.

## How do I know if my diabetes is well controlled?

Following a healthy diet, taking part in regular physical activity and taking your prescribed medication will help you maintain good control of your diabetes. Your medical team will educate you on how best to achieve good control.

## Treatment for diabetes

**Type 1** diabetes is where the pancreas no longer produces insulin and treatment involves injecting insulin daily, following a healthy diet and taking part in regular physical activity.

**Type 2** diabetes is where the pancreas produces some insulin but not enough. Treatment involves following a healthy diet, taking part in regular physical activity and taking prescribed medical oral medication.

It is also important to learn about diabetes and keep up to date with new treatments and other developments as they happen.

You can do this by simply contacting Diabetes Ireland on 1850 909 909.

## Diabetes Ireland

Diabetes Ireland is a national charity dedicated to providing support, education and motivation to people with diabetes.

### Available services include:

**Patient Support** via our lo-call diabetes helpline and local volunteer support groups.

**Access to a wide range of diabetes information leaflets** and our quarterly magazine "Diabetes Ireland"; online support and information via [www.diabetes.ie](http://www.diabetes.ie).

**Support for children with diabetes and their families** via our Sweetpea Kidz Club; adolescent adventure activities and family weekends.

Access to **direct professional healthcare** chiropody & podiatry (footcare) and dietetic services at our **Diabetes Care Centre**.

**Advocating** for improved diabetes services nationwide.

Access to **community based patient health education** conferences and structured education programmes.

**Educating** the wider community about Type 1 and Type 2 diabetes.

Providing diabetes **health promotion** initiatives in schools, workplaces and other community settings; Type 2 diabetes screening.

Access to **negotiated preferential health and private motor care** insurance schemes for members.

**Supporting and funding** Irish and International **diabetes research** via its subsidiary charity "Diabetes Ireland Research Alliance" [www.diabetesresearch.ie](http://www.diabetesresearch.ie).