Diabetes causes damage to blood vessels – it can cause:

- Strokes
- Blindness
- Heart attacks
- Kidney failure
- Amputation

Diabetes also causes:

- Damage in an unborn child
- Sexual problems

But the good news is blood sugar control can help prevent these problems!

What is type 2 diabetes?
People with type 2 diabetes have too much sugar in their blood. This can cause serious health problems.

Did you know?
Most people do not know that they have type 2 diabetes.

Your Doctor and Nurse can:

- See you regularly for check-ups.
- Refer you to a dietitian and get advice on healthy eating.
- Give you instructions about your medication.
- Teach you how to monitor your blood glucose levels.
- Refer you to a diabetes education session.

What you can do:

- Eat 3 meals a day, starting with breakfast.
- Make half your plate colourful vegetables.
- Drink water instead of fizzy and sugary drinks.
- Have fruit instead of cake, biscuits and packet snacks.
- Keep takeaways to once a week or less.
- Eat less by eating smaller serving sizes.

- If you are overweight – try to lose some weight.
- If you drink alcohol, limit the amount you drink as it might affect your blood glucose levels and your weight.
- Keep active and exercise regularly – 30 minutes or more most days.
- Quit smoking – smoking makes your health problems worse. Call Quitline on 0800 778 778.

My plan: Changes I will make in the next 3 months

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