



# Type 2 Diabetes

## What is it?

Diabetes develops if the body can't make enough insulin. After you eat, your body breaks down food into glucose (a type of sugar). Insulin is a hormone that helps your body absorb sugar from the blood. If you have type 2 diabetes, the glucose in your blood can't convert to energy. As a result, you have too much sugar in your blood. Type 2 diabetes can't be 'cured'. But, you can manage your condition with a healthy lifestyle. Some people may need medicine as well.

## What will my GP do now?

Your GP will work with you to develop a treatment plan. Your GP will also help you to:

- Learn more about your condition
- Complete your National Diabetes Service Scheme (NDSS) registration
- Develop targets for your blood sugar levels
- Learn about healthy lifestyle changes
- Learn about low blood sugar and how to prevent or manage this

## What will my GP do in the future?

Your GP will see you regularly to check your health. It's important you're able to manage your type 2 diabetes properly. Every 3-6 months, your GP will check your medicine, weight, height, and blood pressure. You should tell your GP if you have noticed any new symptoms.

Every year, your GP will also check your heart health and may ask you to have some specific tests. Type 2 diabetes can cause problems for your heart, kidneys, eyes and feet. Your GP will check for any risks in these areas. If you are at risk, you may need to see a specialist.

## What can I do?

Type 2 diabetes is not reversible but eating a healthy diet and losing weight can help normalise your blood sugar levels. Keep visiting your GP as often as you need. If you need to see a specialist, make sure you keep all your appointments. People with type 2 diabetes have a high risk of heart disease. Be sure to have your blood pressure checked regularly. Speak to your GP about booking in regular heart health checks.

### Other steps to take:

- Take any medicine exactly as instructed and attend all checkups
- Book in with your GP to discuss your progress and track your blood sugar
- Consider speaking to a diabetes educator

## Lifestyle changes you can make

### Smoking

If you smoke, it's time to quit, your GP will help you.

### Nutrition

A healthy diet is about controlling your weight as well as eating well

### Alcohol

Drink only two standard drinks per day, and have two alcohol free days per week

### Exercise

Aim for least 30 minutes of moderate exercise every day

## When should you call your GP?

You should call your GP if you notice any of these symptoms:

- *Trouble seeing*
- *Pain in your feet*
- *Corns or ulcers*
- *Loss of feeling in your foot*
- *Change of colour in your foot*
- *Trouble keeping to your blood sugar targets*

# Type 2 Diabetes

## What supports are available?

### Local hospital diabetes services

Local hospitals run diabetes clinics for those who need specialist care. These clinics provide assessment, treatment and education.

- Bankstown-Lidcombe Hospital Diabetes Service: Phone 9722 8366
- Fairfield Hospital Diabetes Service: Phone 8738 4577
- Bowral District Hospital Diabetes Service: Phone 4861 0303
- Liverpool Hospital Diabetes Service: Phone 8738 4539
- Macarthur Diabetes Service (Campbelltown/Camden Hospital): Phone 4634 4028

### Get Healthy Information & Coaching Service

A free, personal phone coaching service helping you achieve your health goals. Visit [gethealthynsw.com.au](http://gethealthynsw.com.au)

### National Diabetes Services Scheme (NDSS) and NDSS Helpline

The NDSS aims to enhance the capacity of people with diabetes to understand and manage their diabetes, and access supports, services and subsidised diabetes products. Visit [ndss.com.au](http://ndss.com.au) or phone 1800 637 700.



## What questions could I ask my doctor?



- How does my diet need to change?
- How much exercise do I need to do?
- Where can I get help to quit smoking?
- How often do I need to see you?
- How do I check my blood sugar levels?
- What are the heart health risks?

## Where can I learn more?

- **National Diabetes Services Scheme (NDSS)** - Type 2 diabetes and me: [ndss.com.au](http://ndss.com.au)
- **Diabetes Australia** - Type 2 diabetes: [diabetesaustralia.com.au](http://diabetesaustralia.com.au)

This information is to be viewed by someone who has received a diagnosis from their doctor. It is not designed to be used to diagnose a condition or as a substitute for ongoing medical care

Health Resource Directory factsheets are endorsed by South Western Sydney PHN's Community Advisory Committee and local GPs