

# Pre-diabetes

## What is it?

After you eat, your body breaks down food into glucose, a type of sugar. A hormone called insulin helps your body absorb glucose. If your body can't make enough insulin or the insulin does not work properly, you may develop diabetes.

Pre-diabetes is a condition that happens before you have type 2 diabetes. If not well managed, diabetes can cause heart attack and stroke. It can also damage the eyes, nerves, and kidneys.

The fact that you don't have type 2 diabetes yet is good news. It's not too late to get healthy.

## 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 notice 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.

You can also take these steps to limit your risk of developing type 2 diabetes:

- 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

If you have any of the following symptoms, call your GP as soon as you can:

- Trouble seeing
- Corns or ulcers
- Trouble keeping your blood sugar low
- Pain in your foot/feet
- Loss of feeling in your foot

## Lifestyle changes

### Smoking

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

### Nutrition

A healthy diet helps you lose weight and feel 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



## What questions could I ask my doctor?

- What will happen if I don't make a change?
- How does my diet need to change?
- How much exercise do I need to do?
- What are the heart health risks?
- Where can I get help to quit smoking?
- How can I check my blood sugar levels?
- How often should I see you?
- Where can I find more support?



## What supports are available?

### Local hospital diabetes services

Each local hospital has a diabetes clinic. These clinics provide assessment, treatment and education.

- Bankstown-Lidcombe Hospital Diabetes Service: Phone [9722 8366](tel:97228366)
- Fairfield Hospital Diabetes Service: Phone [8738 4577](tel:87384577)
- Bowral District Hospital Diabetes Service: Phone [4861 0303](tel:48610303)
- Liverpool Hospital Diabetes Service: Phone [8738 4539](tel:87384539)
- Macarthur Diabetes Service: Phone [4634 4028](tel:46344028)

### NSW Health Get Healthy Service

Free phone and online coaching to support you reaching health goals.

Phone: [1300 806 258](tel:1300806258)

Website: [gethealthynsw.com.au](http://gethealthynsw.com.au)

### Pharmacy assistance

If you need help, or have questions between check-ups, your local pharmacist can help. Pharmacists are able to assist with your questions about medications and blood sugar checks.

### National Diabetes Service Scheme (NDSS)

The National Diabetes Services Scheme (NDSS) helps people with diabetes to understand and manage their life with diabetes.

Phone: [1800 637 700](tel:1800637700)

Website: [ndss.com.au](http://ndss.com.au)

## Where can I learn more?

**National Diabetes Services Scheme (NDSS)** - Understanding pre-diabetes: [ndss.com.au](http://ndss.com.au)

**Diabetes Australia** - Pre-diabetes: [diabetesaustralia.com.au](http://diabetesaustralia.com.au)

**Better Health Channel** - Pre-diabetes: [betterhealth.vic.gov.au](http://betterhealth.vic.gov.au)