

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 occurs before 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, though. It means 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 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 – see supports below

Lifestyle changes to make

Smoking

If you smoke, it's time to quit – your GP will help you get started

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

Newly diagnosed type 2 diabetes

When should I call my GP?

See your GP as soon as you can if you notice any of these signs or symptoms:

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

What questions could I ask my doctor?

- Why isn't my diabetes curable?
- What happens if I don't follow my treatment plan?
- 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 quitting smoking?
- How can I check my blood sugar levels?
- How often do I need to see you?
- Where can I get 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)

Get Healthy Information & Coaching Service

A free, personal phone coaching service helping you achieve your health goals: gethealthynsw.com.au

Where can I learn more?

BetterHealth - Pre Diabetes: betterhealth.vic.gov.au

Diabetes NSW: Phone 1300 DIABETES (1300 342 238) or visit diabetesnsw.com.au

National Diabetes Service Scheme (NDSS)

The NDSS supports people with type 2 diabetes

It's compulsory and free to register.

For more information, phone [1300 136 588](tel:1300136588) or visit ndss.com.au

ComDiab course

This course is for people with newly diagnosed type 2 diabetes. The course is held at Hoxton Park Community Health Centre.

Learn more, phone [1300 342 2381](tel:13003422381)

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

phn
SOUTH WESTERN
SYDNEY

An Australian Government Initiative