



**TOTAL
HEALTHCARE**
Diversity Equity Wellness

Supporting **# Local Doctors** **# White Cross**

Diabetes

Diabetes is a serious long-term condition that needs careful management, both by you and your healthcare team.

What is diabetes?

Diabetes occurs when your body can't control its blood sugar levels properly because of problems producing, or responding to, a hormone called insulin. If untreated, diabetes can severely damage your eyes, kidneys, nerves, cause sexual problems and raise your risk of heart attack and stroke.

There are two types of diabetes:

- In type 1 diabetes, your body doesn't make insulin. You can control this with insulin injections, healthy food choices and exercise.
- In type 2 diabetes, your body makes too little insulin or can no longer use insulin properly. Most type 2 diabetes can be prevented by keeping to a healthy body weight, eating healthy foods and keeping physically active.

It's important to know your risk of diabetes and look out for symptoms, because the earlier you see your doctor, the better.

Symptoms

Some people have diabetes for years without knowing it, because they don't have symptoms or don't know what they are:

- feeling tired and lacking energy
- excessive thirst and hunger
- peeing a lot
- slow healing wounds
- blurred vision.

Who should get tested for type 2 diabetes?

Men over the age of 45.

Women over the age of 55.

Men over 35 and women over 45 who also:

- are Māori, Pacific or Indo-Asian
- have a close family member, such as a parent, brother or sister with diabetes
- smoke•have high blood pressure
- had diabetes in any pregnancy
- are overweight.

Managing type 2 diabetes

Make healthy lifestyle changes: get regular exercise, lose weight, eat a healthy diet and quit smoking. Some people may also need medication to keep blood sugar levels healthy.

Local Doctors offers a diabetes programme with health coaches and self-management educators that can support you to get better and stay well.

Get in touch

If you are at risk or have symptoms, see a Local Doctors or White Cross GP. Find a clinic near you at localdoctors.co.nz and whitecross.co.nz.



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